

皮肤病激光疗法

激光疗法被用于治疗血管胎记，其中包括：

- 葡萄酒色痣
- 血管瘤
- 蜘蛛状血管病
- 色素胎记（例如太田痣）

激光疗法是一种使用光能治疗增生和皮肤病的方法。一些皮肤病涉及在某个部位出现过多的血管、血管肿胀或颜色加深（色素）。激光利用特殊的光束对准血管，在一瞬间清除血管和色素。

哪些皮肤病可以采用激光疗法？

葡萄酒色痣

葡萄酒色痣是一种胎记，其中大量肿胀的血管形成一块紫红色皮肤斑块。更多的血液流过这个部位的皮肤，所以看起来比周围的皮肤更红。这不是癌症，也不会变成癌症。原因不明。

脉冲染料激光疗法对多种葡萄酒色痣很有效，帮助使颜色变浅，并预防颜色随着时间推移变深和增厚。面部和颈部的色痣对激光疗法的反应经常比手臂和腿部的色痣更好。激光疗法对颜色较浅的葡萄酒色痣效果更好，但也可以治疗颜色较深的紫色胎记。

血管瘤

血管瘤是一种皮肤内血管增生。血管瘤在婴儿出生后第一年会生长，然后会缓慢萎缩。血管瘤有时会裂开，形成溃疡。脉冲染料激光疗法对鲜红色（肤浅）血管瘤和伴有溃疡的血管瘤很有效。

蜘蛛状血管病

蜘蛛状血管病（毛细血管扩张）是血管扩张，可能出现在皮肤的几乎任何部位。常见于日晒的皮肤部位。有时可能会因受伤或其他疾病出现这种病症。但大多数情况下，蜘蛛状血管病会自行出现，原因不明。脉冲染料激光疗法对蜘蛛状血管病也有效。

太田痣

太田痣是一种蓝灰色肤色加深（色素沉着过度）。这是因为在皮肤深层有比普通更多的颜色（色素）生成细胞。形成原因不明。Q 开关 Nd YAG 激光治疗能使太田痣颜色变浅，长期可能预防增厚或颜色变深。

如需了解进一步详情

- 皮肤科
206-987-2158
- 血管异常诊所
206-987-4606
- 向您的孩子的健康护理服务提供者洽询
- seattlechildrens.org

免费口译员服务

- 在医院内，向您的孩子的护士询问。
- 在医院外，拨打免费家庭口译专线电话 1-866-583-1527。告诉口译员您需要通话的人的姓名或分机号码。

接受激光疗法后会怎样？

激光通常会使接受治疗的部位在治疗后看起来像皮肤擦伤或颜色较深。通常会在一至两周时间内褪色，然后在接下来的一至两个月之间接受治疗的部位颜色会逐渐变浅。治疗后可能还会出现红肿，有时会起泡，可能持续几天时间。

一次可用激光治疗的皮肤面积取决于胎记的大小和部位。如果是大病灶，我们会做一次试验治疗，以便决定使用哪一种激光强度会产生最佳效果。

您的孩子很可能需要接受多次激光治疗。葡萄酒色痣无法只通过一次治疗去除。无法保证激光治疗能完全清除接受治疗部位的斑块。有些人需要接受更多次治疗。同一部位的两次治疗之间通常需要等候一至两个月时间。

但是，这些部位附近未接受治疗的组织可以更快地接受治疗。葡萄酒色痣有时会随着时间的推移颜色重新变深，可能需要接受重复治疗（有时一年一次或两次），以便尽量保持皮肤颜色较浅。

激光治疗有哪些风险？

结痂的风险小于 1%。脉冲染色激光可能会造成皮肤呈淡棕色。这是被清除的血管释放的血红蛋白所致。通常会随着时间的推移好转，在几个月内逐渐消失。有时接受治疗的部位会起泡。还会出现看起来像小凹点的痂和失去色素沉着，但非常罕见。

激光治疗时的感觉如何？

大多数患者反映激光的感觉如同短暂的刺痛（像对着皮肤弹橡皮筋）。儿童通常需要接受某种麻醉或镇静剂。我们在治疗较小的葡萄酒色痣、血管瘤和蜘蛛状血管病时，会在诊所在皮肤上涂一种麻木乳霜。有较大病灶的儿童通常需要在手术室接受全麻醉后进行激光治疗。我们将与您讨论，决定哪一种方法最适合您的孩子。

激光治疗在哪里进行？

门诊激光手术在西雅图儿童医院的西雅图主医院、Bellevue 诊所和外科中心、位于 Everett 的 North 诊所和位于 Federal Way 的 South 诊所进行。全麻激光治疗在 Bellevue 诊所和外科中心进行，有时在西雅图主医院进行。

保险是否为激光治疗提供承保？

保险是否为激光治疗提供承保取决于您的保险计划。大多数保险计划会评估葡萄酒色痣或血管异常，了解是否具有医疗上的必要性还是美容手术。如果认为具有医疗上的必要性，通常可以获得保险公司承保。如果认为是美容手术，则可能不提供承保。保险公司在作出这项决定时会查看病灶的三种因素：

- 病灶大小
- 是否影响您的孩子完成日常任务的能力（功能）
- 不接受治疗的风险

对于由您自己付款的美容治疗，西雅图儿童医院为保险公司完全不承保的服务提供 25% 的减价优惠。如果您对医疗上必要的手术费用有顾虑，您可能有资格接受财务资助。请访问网站 www.seattlechildrens.org/financialassistance，或电洽 206-987-3333，向财务顾问咨询。西雅图儿童医院的财务资助计划不为美容手术支付费用。

Laser Treatment for Skin Conditions

Laser therapy is used to treat vascular birthmarks, including:

- Port wine stains
- Hemangiomas
- Spider veins
- Pigmented birthmarks (such as nevus of Ota)

Laser therapy is a treatment that uses light energy to treat growths and skin conditions. Some skin conditions involve having too many blood vessels, swollen blood vessels in one area, or an increase in color (pigment). The laser uses a specific beam of light to target and destroy blood vessels and pigment in a fraction of a second.

What skin conditions can be treated with laser therapy?

Port wine stains

A port wine stain is a birthmark in which an increased number of swollen blood vessels create a reddish purple discoloration of the skin. More blood flows through this skin and so it appears redder than the skin around it. It is not a cancer and does not turn into cancer. The cause is not known.

Pulsed dye laser therapy works well for many port wine stains. It helps to lighten the color and prevent darkening and thickening that may happen over time. Stains on the face and neck often respond better than ones on the arms and legs. The laser works better for lighter port wine stains, but the darker purple marks can also be treated.

Hemangiomas

A hemangioma is a growth of blood vessels in the skin. Hemangiomas grow during the first year of life and then slowly shrink over time. They can sometimes break open, creating an ulceration. Pulsed dye laser treatment works well on the bright red (superficial) hemangiomas and hemangiomas with ulcerations.

Spider veins

Spider veins (telangiectasias) are enlarged blood vessels that can occur almost anywhere on the skin. They are common in areas of the skin that are exposed to the sun. Sometimes they can happen from an injury or other medical problems. In most cases, however, they simply happen and the cause is unknown. Pulsed dye laser treatment also works on spider veins.

To Learn More

- Dermatology
206-987-2158
- Vascular Anomalies
206-987-4606
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

Nevus of Ota

Nevus of Ota is a bluish gray over-coloring (hyperpigmentation) of the skin. This is from more color (pigment) producing cells in the deeper layers of the skin than usual. The cause is not known. Q-switched Nd Yag laser treatment can work well at lightening the color of the nevus of Ota and may prevent it from thickening or darkening over time.

What can we expect with laser therapy?

The laser often makes the area treated look bruised or darker after the treatment. This usually fades in 1 to 2 weeks, and then there will be gradual lightening of the area treated over the next 1 to 2 months. There may also be swelling or sometimes blisters after the treatment that can last for a few days.

The area of the skin that can be treated by laser at any one time depends on the size and location of the birthmark. For large lesions we may do a test treatment to decide what intensity of laser will give the best results.

Your child will most likely need multiple laser treatments. Port wine stains cannot be removed in just one treatment. There is no guarantee that laser treatments can completely clear the area being treated. Some people need more treatment than others. We usually wait 1 to 2 months between treatments on the same area.

However, untreated tissue next to these areas can be treated sooner. Port wine stains can sometimes darken again over time and may need repeat treatments (sometimes once or twice a year) to keep them as light as possible.

What are the risks of laser treatment?

The risk of scarring is less than 1 percent. The pulsed dye laser may cause a brownish discoloration of the skin. This comes from the hemoglobin released from destroyed blood vessels. This usually gets better with time and fades away within a few months. Sometimes the area treated can blister. Scars that look like tiny pits and loss of pigmentation can also happen, but these are very rare.

How does laser treatment feel?

Most patients say the laser feels like a brief sting (like an elastic band snapping against the skin). Children often need a form of anesthesia or sedation. We treat smaller port wine stains, hemangiomas and spider veins in the clinic using a numbing cream on the skin. Children with larger lesions often need to be treated in the operating room under general anesthesia. We will talk with you to decide what is the best option for your child.

Where is laser treatment done?

Outpatient laser surgery is done at the Seattle Children's main hospital in Seattle, Bellevue Clinic and Surgery Center, North Clinic in Everett and South Clinic in Federal Way. The laser treatments done under general anesthesia are performed in the operating room at Bellevue Clinic and Surgery Center and sometimes the main hospital in Seattle.

Will laser treatment be covered by insurance?

Having laser treatment covered by insurance depends on your insurance plan. Most insurance plans will assess the treatment of a port wine stain or vascular abnormality to see if it is medically necessary or a cosmetic procedure. If it is found to be medically necessary, it is often covered by insurance. If it is seen as a cosmetic procedure, it may not be covered. Insurance plans look at 3 things about the lesion to make this decision:

- How big it is
- Whether it affects your child's ability to do everyday tasks (function)
- The risks of not getting treatment

For cosmetic treatments you pay for, Seattle Children's offers a 25% discount for services not covered at all by insurance. If you have concerns about costs for medically necessary procedures, you may qualify for financial assistance. Visit [seattlechildrens.org/financial assistance](https://seattlechildrens.org/financial-assistance) or call 206-987-3333 to speak with a financial counselor. Seattle Children's Financial Assistance Program does not cover cosmetic procedures.