

Lupus Erythematosus

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Successful treatment of discoid lupus erythematosus (DLE) with low-level laser therapy (LLLT): report of a case.

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Lupus is a chronic autoimmune illness characterized by autoantibodies directed at nuclear antigens. Lupus may also appear as a skin disease only. Discoid lupus erythematosus (DLE), the most common form of chronic Cutaneous lupus erythematosus is characterized by persistent erythema, adherent scaling, follicular plugging and, in the later stages scarring and atrophy.

A 33 years-of-old female with 2 years history of skin lesions referred to us with acute flare of DLE since about 7 months as 4 lesions (3 with local alopecia, scaling and itching and one with atrophy). Studies for antinuclear antibodies and Anti Ro/SS-A antibody were negative. After 5 sessions of treatment with infrared (830 nm; 200 mW) and red light (630 nm; 20 mW) diode laser in addition to intravenous red light laser (655 nm; 2 mW) for 20 minutes and laser acupuncture with infrared diode laser (1 J/cm²) for LI-11, LI-4, SP-6, PC-6, ST-36 and GB-34 points every other day, the beneficial effects started to appear, and after 9 sessions, local itching of the lesions discontinued. Through a total 27 sessions of treatment, the lesions improved completely with highly satisfactory results; and drug-therapy held to be continued. During 1 month, the patient was uneventful without any medication.

Low level laser therapy can be effective in treating such inflammatory lesions as cutaneous lesions of discoid lupus erythematosus. But, more studies are to be needed to more clarify the role of low level lasers in treating such lesions.