

ABSTRAK

ANALISIS RETROSPEKTIF EFIKASI DAN EFEK SAMPING LASER CO2 FRAKSIONAL PADA PASIEN BARU SKAR AKNE, KELOID DAN STRIAE ALBAE DI UNIT RAWAT JALAN KESEHATAN KULIT DAN KELAMIN RSUD DR. SOETOMO SURABAYA PERIODE JANUARI 2017 – DESEMBER 2018

Riezky Januar Pramitha, M. Yulianto Listiawan, Rahmadewi, Iskandar Zulkarnain, Afif Nurul Hidayati, Evy Ervianti, Budiono

Latar Belakang: LASER CO2 fraksional memiliki efikasi yang baik dibandingkan dengan LASER konvensional dalam mengobati jaringan parut (skar) misalnya pada skar akne, keloid dan striae albae, namun pada populasi dengan fototipe kulit gelap memiliki risiko terjadinya efek samping yang lebih tinggi.

Tujuan: Untuk mengevaluasi efikasi dan efek samping LASER CO2 fraksional pada pasien baru skar akne, keloid dan striae albae di Unit Rawat Jalan (URJ) Kesehatan Kulit dan Kelamin RSUD Dr. Soetomo Surabaya pada periode Januari 2017 – Desember 2018.

Metode: Analisis retrospektif dilakukan pada 42 rekam medis pasien yang memenuhi kriteria penerimaan sampel yaitu yang menjalani tindakan LASER CO2 fraksional. Efikasi dan efek samping terapi diidentifikasi dan ditabulasi dalam bentuk tabel dan grafik dan dianalisis dengan program *Statistical Package for Social Sciences* (SPSS) versi 17.

Hasil: Sebesar 42,9% pasien dengan skar akne yang menjalani tindakan LASER CO2 fraksional, keloid (31%) dan SA (26,1%). Terdapat penurunan yang signifikan secara statistik pada derajat skar akne ($2,72 \pm 0,83$), tinggi keloid ($2,2 \pm 0,405$) dan lebar striae ($0,39 \pm 0,02$). Efek samping yang bermakna secara statistik yaitu hiperpigmentasi (59,5%), krusta (26,2%), eritema ≥ 4 hari (19%), jerawat baru (19%).

Simpulan: LASER CO2 fraksional efektif untuk mengobati jaringan parut (skar akne, keloid dan striae alba) dengan efek samping yang ditimbulkan lebih tinggi pada populasi tipe kulit gelap

Kata kunci: LASER CO2 fraksional, efek samping, efikasi, skar.

ABSTRACT

RETROSPECTIVE ANALYSIS OF THE EFFICACY AND SIDE EFFECTS
OF FRACTIONAL CO₂ LASER IN NEW PATIENTS WITH ACNE
SCARS, KELOIDS, AND STRIAE ALBAE IN THE
DERMATOVENEREOLOGY OUTPATIENT CLINIC OF DR. SOETOMO
GENERAL HOSPITAL SURABAYA FROM JANUARY 2017 TO
DECEMBER 2018

Riezky Januar Pramitha, M. Yulianto Listiawan, Rahmadewi, Iskandar
Zulkarnain, Afif Nurul Hidayati, Evy Ervianti, Budiono

Background: Fractional CO₂ LASER has better efficacy compared to conventional LASER in treating scar tissue such as acne scars, keloids, and striae albae. However, a population with darker skin has a higher risk of side effects especially post inflammatory hyperpigmentation.

Purpose: To evaluate the efficacy and side effects of Fractional CO₂ LASER in New Patients with Acne Scars, Keloids, and Striae Albae in the Dermatovenereology Outpatient Clinic of Dr. Soetomo General Hospital Surabaya from January 2017 to December 2018

Methods: Retrospective analysis was done on 42 medical records of patients who met the sample acceptance criteria, which were those who underwent fractional CO₂ LASER treatments. The efficacy and side effects of therapy were identified and tabulated in tables and graphs and analyzed by the Statistical Package for Social Sciences (SPSS) version 17 program.

Results: A total of 42.9% of patients underwent fractional CO₂ LASER treatments for acne scars, while 31% and 26.1% of patients got treatments for keloids and SA respectively. There was a statistically significant decrease in the degree of acne scar (2.72 ± 0.83), keloid height (2.2 ± 0.405), and striae width (0.39 ± 0.02). Statistically significant side effects were hyperpigmentation (59.5%), crustae (26.2%), erythema ≥ 4 days (19%), and new acne (19%).

Conclusion: Fractional CO₂ LASER is effective for treating scar tissue (acne scars, keloids, and striae albae) with higher side effects in population with darker skin and post inflammatory hyperpigmentation was the most common adverse effect in this study.

Keywords: *Fractional CO₂ LASER, side effects, efficacy, scar*