

Physical therapy in dermatology

This article has been translated from WikiSkripta; the **translation** needs to be checked.
This article has been translated from WikiSkripta; the **formatting** needs to be checked.
This article has been translated from WikiSkripta; ready for the **editor's review**.

It is an external treatment, complementing the effect of local and systemic drugs.

Actinotherapy and phototherapy

Nowadays, ionizing radiation is used as little as possible, mainly **Buck's rays** (boundary rays) - soft radiation with short wavelengths at the interface between UV and X-ray, absorbed in 1-2 mm of skin.

- For chronic lichenified eczema, neurodermatitis, psoriasis, lichen ruber...

Contact **x-ray lamp according to Chaoul** - short focus, destructive effect.

- Used mainly for tumors.

Surface x-ray therapy - little used today.

Solux lamp

A source of infrared radiation to induce rapid hyperemia and warm up the given part (resorption of inflammation, stimulation of repairation...).

Mercury discharge lamp ("the mountain sun")

- UV source.
- Treatment of psoriasis, acne vulgaris, atopic eczema, etc.
- It does not fully replace the sun, it has a lot of UVC.
- Kromayer's lamp - concentrates the rays on a small area of the skin.
- PUVA - photochemotherapy - psoriasis, parapsoriasis, mycosis fungoides, psoralen sensitization, irradiated in special cabins, UVA with a maximum of 365 nm.

Electrocautery

- A platinum loop red-hot with an electric current.
- Diathermocoagulation.
- Destruction or coagulation of warts, small tumors, telangiectasias, for epilation, opening of folliculitis, nematodes, abscesses, etc.

Laser

Laser is a quantum amplifier of light radiation. The quality of the coherent beam depends mainly on the laser medium - solid, liquid or gas.

In dermatology:

- argon laser (514nm) for capillary hemangiomas.
- CO2 laser (10000nm) to remove small skin lesions by vaporization (warts, condylomata accuminata, m. Recklinghausen...).
- Helium-neon laser - biostimulating and analgesic effects.

Cryotherapy

Ways of cryotherapy:

- Freezing, either carbon dioxide "dry snow" gags (-60 to -70°C).
- More often with liquid nitrogen (-193 °C), it lasts one to two days in a thermos.
- Freezing causes inflammation, or even necrosis.

Ultrasound

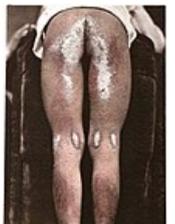
Ultrasound is used to treat diseases with an increased tendency to new tissue formation (keloid, scleroderma, induratio penis plastica).



Psoriasis



Acne vulgaris



Lichen ruber



Dermatologic laser

Dermabrasion and minor surgery

It is used, for example, scar abrasion, tattoo artists - rotary grinders.

Sources

- BENEŠ, Jiří. *Studijní materiály* [online]. ©2007. [cit. 4. 2. 2011]. <<http://jirben2.chytrak.cz/>>.