



ACNE, ROSACEA, AND RELATED DISORDERS (INCLUDING HIDRADENITIS SUPPURATIVA)

## CLINICAL CHARACTERISTICS OF ACNE LESIONS AND CORRELATIONS WITH ANXIETY AFTER RHINOPLASTY

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**Introduction:** Rhinoplasty is one of the most common cosmetic surgeries occasionally associated with complications such as acne lesions. Anxiety is the well-known factor in exacerbating or triggering acne lesions.

**Objectives:** our study assessed anxiety situation in patients suffering from acne lesions after the rhinoplasty.

**Methods:** This case-control study was conducted on 52 (45 females, 7 males) patients and 95 (68 females, 27 males) cases subjecting rhinoplasty with and without acne lesions, respectively. Clinical characteristics of acne in the patients, demographic data and anxiety status by the Spielberger's state-trait anxiety inventory of the two groups were obtained.

**Results:** Patient and control group had the mean age of  $25.06 \pm 5.077$  and  $27.45 \pm 5.909$  years, respectively. Patients showed acne lesions almost always in face, mostly grade 2 severity and usually onset between 1-4 weeks. Mean scores, severity of state and trait anxiety as well as prevalence of unpleasant cosmetic satisfaction were higher in the patient group. There was a direct correlation between acne severity, unpleasant cosmetic outcome and anxiety severity ( $p < 0.05$ ).

**Conclusion:** Anxiety could be a major factor in triggering or exacerbating acne lesions after rhinoplasty. Proper selection of cases regarding mental health decided to aesthetic surgery, psychological support, absent history of acne lesions and successful cosmetic procedure, resulting in decreasing prevalence of acne lesions after rhinoplasty.

