



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

## COMBINED TREATMENT FOR NODULAR ACNE AND SCARS.

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**Background:** Acne Vulgaris is a chronic inflammatory disorder of the pilosebaceous unit. It mainly affects adolescent from 13 to 19 years old, but is common even in adults. The treatment algorithm of acne vulgaris depends on the type and severity of acne lesions. Combined therapy is often used to approach the multifactorial pathogenesis followed by some esthetical treatments for acne scars. All these methods lead to successful management based on clinical presentation and individual patient needs.

**Case report:** A 29 year old male was presented in clinic. There were evident elements papulo- pustular, nodular and scars. He referred that has been treated for over a year with topical and oral therapy, but he didn't had any satisfactory result. Lesions were distributed even on his shoulder and chest. We started the treatment with with fraxional laser. After 3 months he received oral isotretinoin 0,5mg/kg/day for 2 months, combined with topical benzoyl peroxide 1%. Was followed up with lipids and transaminases level. After having a good result the dose of oral isotretinoin was 0,2mg/kg/ day for 2 months. For the last 2 months the dose was 0,1 mg/kg/day. We continued with topical therapy and fraxional lasers after 3 months without oral isotretinoin.

After having the best result the aim of acne remain treating the acne scars. We used 4 sessions of platelets rich plasma with dermaroller and fraxional laser. After that we reached the best result the patient needed to see.

**Conclusion:** This case suggests us that combined treatments modalities give the best result. By this combination we managed the treatment of acne and scars for less than a year. While with conventional treatment such as systemic therapy you need up to 18 months for good management.

