

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

EFFECTS OF USING A GENTLE CLEANSER VERSUS WATER ALONE IN FILIPINO PATIENTS WITH MILD TO MODERATE ACNE VULGARIS: AN OBSERVER-BLINDED, RANDOMIZED CONTROLLED TRIAL.

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Introduction: Acne vulgaris is one of the skin disorders for which patients most frequently consult a dermatologist worldwide. Adjunct skin care products are assuming an increasingly important role because they may impact the function of acne-prone skin.

Objective: This To compare the efficacy and safety of using gentle cleanser compared to using tap water alone for washing face as an adjunct in the treatment of Filipino patients using benzoyl peroxide and tretinoin with mild to moderate acne vulgaris.

Materials and Methods: Seventy-five patients clinically diagnosed with acne vulgaris were assigned randomly to use gentle cleanser or tap water alone prior to application of topical acne medications. Patients were followed up at week 2, 4, 8, and 12 to assess the percent decrease in mean acne lesion counts, patient satisfaction scores, and frequency of adverse events.

Results: After 12 weeks of treatment, there was no significant difference between the two groups in terms of percent decrease in mean acne lesion counts and frequency of adverse events. Subjects also had no statistically significant difference in their satisfaction ratings on weeks 2, 4, and 8, except on week 12, where water group has a significantly higher patient satisfaction rating than cleanser group.

Cleanser: Gentle cleanser is an effective and safe adjunct treatment that is only comparable to water in patients with mild to moderate acne vulgaris, who have been using topical acne medications.