



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

POST ACNE INFLAMMATORY ERYTHEMA IN SKIN OF COLOUR

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Background: Acne may resolve with post inflammatory hyperpigmentation (PIH), post inflammatory erythema (PIE) or scars (textural change). PIE is the residual pink to red discolouration that persist after acne resolution.

Observation: Acne induced PIE is common in skin type I to III. However, there are not much documented studies on PIE in skin of colour as it is often misinterpreted as post inflammatory hyperpigmentation. PIE is less appreciated in skin types IV & V and usually goes unidentified. This results in unsatisfactory outcome of treatment as the available topical, oral or even peeling agents are ineffective. PIE can be successfully treated with Intense Pulsed light using vascular filter at low fluence, shorter pulse width & longer pulse delay. Intense pulsed light gives a satisfactory response in 3-6 sessions and is a safe, cost-effective modality of treatment for acne induced PIE in skin of colour.

Key message: An accurate diagnosis of the type of post acne sequelae as well as communicating the same to the patient is important especially in skin of colour to increase the treatment outcome.

