



ADVERSE DRUG REACTIONS, INCLUDING SJS, TEN

OCULAR SIDE EFFECTS OF ORAL ISOTRETINOIN IN THE PATIENTS OF ACNE VULGARIS.

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Introduction: In the recent years isotretinoin has revolutionized the treatment of acne, it is widely used even in moderate cases of acne unresponsive to conventional therapy in order to avoid cosmetic or psychological damage. But isotretinoin is related to a wide variety of ocular side effects involving the eyelids, cornea, lens, optic nerve and retina. Ocular adverse reactions are a result both the systemic effect of isotretinoin and the localized exposure of the ocular surface to the drug via the tear film.

Objective: To investigate the occurrence of ocular side effects caused by systemic isotretinoin in acne patients.

Materials & Methods: A prospective observational study was carried out at Departments of Dermatology and Ophthalmology from December 2015 to April 2017, on 50 clinically diagnosed cases of acne vulgaris started on treatment with systemic isotretinoin in the doses varying from 10, 20, 40, 60mg/day, fulfilling the inclusion criteria.

Detailed ocular examination including visual acuity, Schirmer's 1 test, Slit lamp, TBUT, IOP, Colour vision testing performed at 0, 4, 8 & 16 weeks, & also on the visit at which the side effect was recorded.

Results: 27 of 50 patients, developed ocular side effects. With dry eye (n=17) being the most common, followed by myopia (n=10), conjunctivitis (n=9) & nyctalopia (n=3). Significant decrement of TBUT was seen at 16th week in the patients completing the 16th week follow up (n=36). 33.33% (4/12) patients on 10mg/day, 58.33% (21/36) patients on 20mg, 100% (1/1) patients on 40mg/day & 100% (1/1) on 60mg/day developed ocular side effects.

Conclusion: Isotretinoin can cause various mild to severe ocular side effects, some of which





can worsen if the patient continues to take isotretinoin. Most of the side effects reversed after stopping isotretinoin. Dermatologists should be aware of the ocular side effects, so that drug can be stopped at the earliest.

