



AESTHETIC AND COSMETIC DERMATOLOGY (LASERS SEPARATE CATEGORY)

TO EVALUATE THE SAFETY AND EFFICACY OF ORAL ISOTRETINOIN WITH JESSNER'S- 35%TRICHLOROACETIC ACID PEEL (MONHEIT TECHNIQUE) FOR THE TREATMENT OF ACANTHOSIS NIGRICANS IN COLOURED SKIN

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Introduction: Combining oral isotretinoin and medium depth peels is not advocated due to potential risk of scarring and post inflammatory hyperpigmentation. It has been recommended to avoid procedures for at least 6 months after last isotretinoin dose. Acanthosis Nigricans possess a therapeutic challenge as the treatment is tricky in most patients often requiring a holistic approach in the management of hyperinsulinemias, reduction of body weight and inclusion of various topical and oral treatment modalities including chemical peels. Among peels treatment with single agents using trichloroacetic acid and glycolic acid have been used with variable results.

Objective: To evaluate the safety and efficacy of medium depth peeling using a combination of Jessner's- 35% Trichloroacetic acid (Monheit's technique) in patients of acanthosis nigricans on oral isotretinoin.

Materials and Methods: Retrospective study of 40 patients (28 female and 12 male) of acanthosis nigricans enrolled between January 2017 to January 2018 with diagnosed insulin resistance was undertaken. Case records of the patients who were on 0.5 mg/kg/day of oral isotretinoin and metformin 500 mgm twice a day for 6 months and undergoing sessions of Jessner's- 35%Trichloroacetic acid peels at 3-weekly intervals were analysed for any evidence of aberrant wound healing and improvement of acanthosis nigricans. Patients with personal or family history of hypertrophic scarring or keloidal tendency were excluded.

Results: Patients demonstrated marked improvement of skin with regards to thickness, texture and pigmentation with each successive session of peel. No evidence of aberrant wound healing was seen with intake of oral isotretinoin.





Conclusion: Medium depth peeling involving use of Jessner's peel followed by application of 35% TCA (Monheit's technique) can be safely and effectively used to treat AN along with oral isotretinoin.

