



CONTACT DERMATITIS AND OCCUPATIONAL DERMATOSES

A PROSPECTIVE STUDY OF TACROLIMUS 0.1% OINTMENT UNDER OCCLUSION FOR CHRONIC ACTINIC DERMATITIS

F Patel⁽¹⁾ - S Shetty⁽¹⁾ - S Pai⁽¹⁾ - R Rao⁽¹⁾

Kasturba Hospital And Medical College, Department Of Dermatology, Manipal, India⁽¹⁾

Introduction: Chronic actinic dermatitis cause severe psychosocial morbidity in patient. Topical tacrolimus inhibits inflammatory dendritic epidermal cells, lymphocytes and release of inflammatory mediators from cutaneous mast cells and basophils.

Objective: Use of topical drugs under occlusion improves transepidermal delivery of the drug. On base of this principal, objective of this study was to assess efficacy of tacrolimus 0.1% ointment under occlusion for 8 hours once in the night for chronic actinic dermatitis.

Materials and methods: Tacrolimus 0.1% ointment was applied under occlusion (cling film, reusable waterproof silicone face mask, disposable latex gloves used for occlusion at different body areas) for 8 hours once in night. Patient followed up after 1 month and subsequently, EASI score (Eczema Area Severity Index) done at each visit as a parameter to measure improvement.

Results: 6 male patients of chronic actinic dermatitis were included in study and regularly followed up. EASI score improvement was 16.67% to 50% after one month. No major side effect was observed at follow up.

Conclusion: Tacrolimus 0.1% ointment under occlusion for 8 hours once in the night showed good improvement without any side effect in all patients. If used properly under occlusion, it helps to reduce use of potentially harmful drugs like topical steroids and oral immunosuppressant. This treatment can also used in patients with contraindication for systemic treatment or resistant to systemic treatment.

