



DERMATOLOGICAL SURGERY

EFFICACY AND SAFETY OF CONTACT CRYOSURGERY IN THE TREATMENT OF EARLOBE KELOIDS

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Introduction: Earlobe keloids although not a life-threatening disease, can severely impair patient's quality of life. Contact cryosurgery is a safe and promising technique in the management of earlobe keloids with tolerable side effects.

Objective: The aim of this study was to assess the safety and efficacy of contact cryosurgery in the treatment of earlobe keloids through a one-year prospective study.

Material and methods: Fifteen female patients were enrolled in the study. The 12-month trial evaluated the volume reduction after contact cryosurgery. Contact cryosurgery was performed for all our patients under local anesthesia using a flat cryoprobe of 1cm in diameter.

Results: There were 15 female Caucasian patients ranging in age from 8 to 54 years old with a total of 18 earlobe keloids. The latter were posterior in 8 patients, anterior in 4 patients and wrapped in 3 patients. There was an excellent improvement of 11 earlobe keloids (61%) with a reduction of the volume of the keloid ranging from 80 to 100%. An improvement ranging from 50 to 70% of the initial keloid volume was observed in the 7 other keloids. The best results were reported with 3 to 6 sessions. Pain, edema, erythema and blistering were the most common post procedure complaints. During the 18 month follow-up period, there was no evidence of bleeding, infection, recurrence or permanent hypopigmentation. Only two patients had a transient hypopigmentation which disappeared 2 months after the final session.

Conclusions: The management of earlobe keloids remains a therapeutic challenge. The results of our study are very promising. Contact cryosurgery should be considered as an effective therapeutic alternative in the management of earlobe keloids with tolerable side effects.

