



PIGMENTATION

MODIFIED PHENOL PEELS AS A NOVEL AND EFFECTIVE TREATMENT FOR LICHEN-PLANUS PIGMENTOSUS ASSOCIATED STUBBORN HYPERPIGMENTATION: A PROSPECTIVE OPEN LABEL STUDY IN 35 PATIENTS WITH LPP

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Background: Lichen Planus Pigmentosus (LPP), a disorder with stubborn treatment-refractory hyperpigmentation predominantly affects the darker skin. Deep dermal pigmentary incontinence of LPP renders the condition treatment-refractory.

Objectives: Lack of a consistently effective depigmenting treatment protocol of inactive LPP mandates exploration of novel approaches. We analysed the effect of six sessions of modified phenol peel on reduction of pigmentation of LPP in Indian patients.

Methods: The results of a retrospective analysis of the efficacy and safety of six sessions of Croton-oil free phenol combination (CFPC) peel done every 3 weeks, for inactive LPP-associated hyperpigmentation in 35 patients are presented. Efficacy evaluation was done with patient-reported improvement, physician-evaluated improvement (photographic comparison of baseline and post-treatment clinical images), and pre- and post-treatment comparison of dermoscopic images using the pigment reduction scale of improvement [Excellent - >75%; Good - 51-75%; Moderate - 26-50%; Mild - 1-25%; Nil - 0%]. Patients were followed-up for one year after the last session.

Results: Out of 35, 10 (29%) patients sustained excellent improvement with >75% reduction of pigmentation. Overall 26 (75%) patients had moderate to excellent improvement, i.e. at least 25% or more reduction in pigmentation. The patient-reported improvement, physician-graded improvement and dermoscopic changes - all three measures showed harmonious overlap. On Dermoscopy, lightening of the background color and reduction in density and color intensity of pigmented structures was observed in majority of patients. The treatment was well tolerated with no serious local/systemic adverse effects. The improvement was sustained even at 1-year of follow-up.

Conclusions: Modified phenol peels seem effective in reduction of hyperpigmentation of





LPP. They are safe and well tolerated. Thorough priming, stringent sun-protection and use of other topicals boost the peel effect and aid in maintaining the effect for upto a year.

