



PIGMENTATION

OATMEAL AS AN ADJUNCTIVE TREATMENT IN MELASMA

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Background - Melasma is a fairly common , chronically relapsing and remitting pigmentary condition. Most of the patients have already been on prolonged topical steroids , hydroquinone alone or in combination with other depigmenting agents. These cause side effects like erythema , itching and irritation. Melasma skin is also characterized by photodamaged features including solar elastosis , delayed barrier recovery , stratum corneum thinning and decreased stratum corneum hydration. Oatmeal has been known for improving skin barrier function and visual skin moisture. Also , due to its property to decrease redness and irritation , oatmeal based formulations can help overcome the common side effects of depigmenting agents. In this paper , we highlight the importance of adding oatmeal based formulations to Melasma prescriptions.

Objectives – To assess the effects of oatmeal based emollient on the skin of Melasma patients.

Methods - 20 female patients with Melasma were enrolled. Steroid was avoided. Hydroquinone KA formulation was used in the night and oatmeal emollient preparation was given to be applied in the evening for one month. After one month , HQ-KA formulation was given in the evening with oatmeal emollient preparation at night. Assessment was done with dermatologist's grading of erythema ,pigmentation ,skin tone and evenness , skin texture and dryness. Subject self assessment questionnaires were given and digital photography were also done.

Results- At the end of 12 weeks ,90% subjects reported textural improvement ; 75% subjects felt decrease in redness ; 75% had improvement in dryness ; 75% had improvement in itching and 70% felt that their pigmentation had decreased.

Conclusion - Oatmeal based formulations can thus be an adjunctive treatment of value in Melasma patients , due to their robust antioxidant and anti-inflammatory effects .

