



HAIR DISORDERS

## TREATMENT OF THE HAIR DISORDERS CHARACTERIZED PATHOLOGICALLY AS LPP (FFA, LPP, FAPD)

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During the lecture, we will discuss the management of the following entities: frontal fibrosing alopecia, lichen planopilaris and fibrosing alopecia in a pattern distribution. The included information is based on the published research and our personal experience.

1. Frontal fibrosing alopecia: treatment with oral antiandrogenic drugs 5-ARIs (dutasteride 0.5 mg daily preferred) + treatment for decreasing inflammation (slight: topical calcineurin inhibitors or topical steroids; moderate: add intralesional steroids; intense: add antimalarial drugs and consider oral pioglitazone) + treatment for improving the aesthetics (oral isotretinoin 5 mg daily if facial papules, eyebrow micropigmentation, topical minoxidil, wigs) +/- hair transplant (small areas, stabilized disease for at least 1 years, discuss with the patient the grafts' durability).

2. Lichen planopilaris: treatment for decreasing inflammation (slight: topical calcineurin inhibitors or topical steroids; moderate: intralesional steroids, consider antimalarial drugs; intense: oral cyclosporine -preferred- > doxycycline > antimalarial drugs > pioglitazone. Consider second line treatments: isotretinoin/acitretin, low level light therapy, platelet rich plasma or oral tofacitinib) + treatment for improving the hair density (low dose oral minoxidil vs topical 5% minoxidil, consider platelet rich plasma or low level light therapy) + treatment for improving the aesthetics (keratin microfibers, wigs).

3. Fibrosing alopecia in a pattern distribution: treatment with oral antiandrogenic drugs 5-ARIs (dutasteride 0.5 mg daily preferred) + treatment for decreasing inflammation (slight: topical clobetasol weekly vs topical calcineurin inhibitors; moderate: intralesional steroids; intense: oral antimalarial drugs) + treatment for improving the hair density (low dose oral minoxidil vs topical 5% minoxidil, consider platelet rich plasma or low level light therapy) + treatment for improving the aesthetics (keratin microfibers, wigs).

