



ACNE, ROSACEA, AND RELATED DISORDERS (INCLUDING HIDRADENITIS SUPPURATIVA)

STUDY OF EFFECTIVENESS OF LIQUID NITROGEN PEEL(CRYOPEEL)IN INFLAMMATORY ACNE AS A MONOTHERAPY.

Anagha Dudhbhate⁽¹⁾

Deenanath Mangeshkar Hospital, Dermatology, Pune, India⁽¹⁾

Background: Acne vulgaris is the most common condition seen in dermatological practice. Many times systemic treatment is not possible so the need for alternative effective treatment.

Objective: Aim is to study the effectiveness of liquid nitrogen peel therapy for inflammatory acne as a monotherapy.

Materials and Methods: Patients with inflammatory acne were selected for study. All patients were above 18 yrs of age. After cleaning the area with Acetone cryopeel was done till mild erythema appeared. Follow-up was done every 3 weeks till the clearance of the lesions. At each follow-up pictures were taken. Once the active lesions are cleared, the cryopeel was discontinued and a further follow-up was done to observe the activity of disease. Throughout the treatment, patients were given a mild glycolic acid face wash and were instructed to apply sunscreen of SPF 30.

Results: Total 6 patients were included in this study and were observed till total clearance of the lesions. Average duration of 1 month was needed for the lesions to clear. Every patient required different number of sittings of cryopeel. All of them had a problem of redness for few days after the peel. Follow-up after 6 months showed no recurrence of lesions and maintenance with a regular face wash was enough.

Conclusion: Sebaceous glands are sensitive to liquid nitrogen. It was observed that the inflammatory lesions reduced drastically with the initial 2 sittings of cryopeel. The average number of cryopeel sessions needed were just 3. At the end of study, all patients had achieved 90% clearance of active lesions with a minimal residual redness. The one drawback was in the form of a lingering redness which caused a restriction of activity in sun. Monotherapy with cryopeel is effective for inflammatory acne.

