



AESTHETIC AND COSMETIC DERMATOLOGY (LASERS SEPARATE CATEGORY)

SCREEN SKIN

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Introduction - High energy visible light (HEV) ,emitted by the screens of TV , computers , laptops , mobile phones ,tablets ; is known to penetrate the skin deeper than the UV rays and damage collagen , hyaluronic acid and elastin , resulting in various skin changes . The purpose of the study is to know the damages caused to skin by excessive use of mobile phones and other devices.

Method - A randomised clinical trial of 50 patients who came to the OPD in the age group of 20-35 who had the history of excessive use of mobile phones , laptops ,tablets.

Results - Studies revealed that there were

1. pigmentary changes including melasma , periorbital Melanosis, freckles.
- 2.Premature aging with horizontal frown lines , crows feet,tear troughs , bunny lines , neck lines , seen in age less than 30.
- 3.Acne breakouts mainly in the jaw line where skin comes in contact with phone.
- 4.contact dermatitis to the phone covers .

Conclusion - Effect of HEV emitted by the screens , on skin ,is similar to the effects of both UVA and UVB combined. HEV damage is underrated and more awareness about it is needed to prevent skin damage.

