



PIGMENTATION

## CLINICAL TRIAL OF TRICHLOROACETIC ACID SPOT PEELING IN IDIOPATHIC GUTTATE HYPOMELANOSSES – PRIORI AND POSTERIORI OF 13 YEARS IN INDIA

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Background : Idiopathic Guttate Hypomelanoses (IGH) is a common benign disorder of pigmentation, mostly seen in elderly people of both sexes. It is common in lower limbs, but may occur over other parts. The study was conducted in Orissa, India from 2005 to 2018 and

Institutional Ethical Committee (IEC) has approved it.

Aim and Objective : to study the efficacy of Trichloroacetic Acid (TCA) spot peeling in treating IGH lesions.

Materials & Methods: Out of total 485 patients of both sexes, 312 cases were selected after considering the inclusion and exclusion criteria of selection of IEC. After getting proper consent, with asepsis, 50% TCA was applied carefully over the IGH lesions and waited till frosting occurred (that is the end point of the procedure). Then the part was neutralized with Sodium Bicarbonate (NaHCO<sub>3</sub>) solution. The entire procedure took only 03 minutes with an experienced hand.

Result : Out of three hundred twelve, 265 patients were found having satisfactory pigmentation after a period of 3 months. Twenty-nine patients had partial pigmentation and 18 patients had no response.

Conclusion: TCA is a caustic which causes controlled burning of superficial layers of skin thereby causing inflammation and repair is expected to be associated with stimulated melanocytic activities. IGH lesions are usually left untreated by most of the dermatologists, but 84% success in our study with TCA may be better option than leaving untreated.

