

International dermocosmetic skincare consensus using the RAND/UCLA appropriateness method

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1 INTRODUCTION & OBJECTIVES

- Consumers often seek recommendations from dermatologists on the best ingredients in dermocosmetics.
- Recommendations can be introduced gradually starting with essential products for protection and repair, then renewal, and finally stimulation depending on patients' specific concerns.^{1,2}
- The objective of this international expert consensus was to provide a tool for recommendations on anti-aging dermocosmetics for diverse patient populations across all phototypes, both genders and with exposure to various exposome factors.

2 MATERIALS & METHODS

- 7 international experts reviewed 8 hypothetical case scenarios.
- The recommendations were extended to cover both genders and all Fitzpatrick skin types (FST).
- The RAND/UCLA appropriateness method was used to obtain consensus.
- The experts completed a questionnaire to evaluate the appropriateness of 17 key ingredients in dermocosmetics on a scale from 1 (totally inappropriate) to 9 (totally appropriate).
- Two meetings and email discussions refined the recommendations.

4 DISCUSSION

- We describe a simple, practical tool for use in daily dermatology consultations that is adapted to specific patient needs.
- This work provides recommendations to cover diverse and inclusive populations of patients, addressing all skin types and international needs.

Abbreviations: AHA alpha hydroxy acids; FST Fitzpatrick skin type; ^aLow-high molecular weight hyaluronic acid; ^bBroad-spectrum photoprotection with high SPF + UVAPF and tinted sunscreen/iron oxide visible light protection.

References: 1. Mayoral FA, Kenner JR, Draelos ZD. The skin health and beauty pyramid: a clinically based guide to selecting topical skincare products. J Drugs Dermatol. Apr 2014;13(4):414-21. 2. Draelos ZD. Revisiting the Skin Health and Beauty Pyramid: A Clinically Based Guide to Selecting Topical Skincare Products. J Drugs Dermatol. Jun 1 2021;20(6):695-699. doi:10.36849/jdd.2021.5883.

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3 RESULTS

