INTRODUCTION & OBJECTIVES

Dermocosmetics (DC) are increasingly recognized as an integral part of acne management. DC minimize the side effects of acne treatments, provide synergistic effects by improving the efficacy of other treatments, can be used as stand alone skin care in milder forms of acne, and limit exposure to environmental factors such as ultraviolet radiation. In choosing the right DC, it is important to consider certain aspects such as the interaction between skin type and the DC, the optimal time and method of cleansing and the cosmetic perception. Moreover, DC such as cleansers and leave-on products are more and more frequently proposed to subjects with mild-to-moderate acne. The tested DC regimen comprised a foaming cleansing gel for greasy skin with a tendency to acne and an anti-imperfection gel (containing salicylic acid, Aqua Posae filiformis, lipohydroxy acid and nicotinamide), penetrating easily into the skin and reducing red or brownish spots. This study assessed in all skin phototypes the benefit and local tolerance of the dermocosmetic routine used as a stand-alone solution for mild to moderate acne.

MATERIAL & METHODS

The study was conducted at two sites in Poland and Mauritius. Adults and adolescents and with at least 15 non-inflammatory and 7 inflammatory lesions on the face and of any phototype used the DC regimen (foaming cleansing gel and anti-perfection gel) twice daily for 8 weeks. Clinical evaluations assessed acne severity using the GEA scale and the acne lesion count as well as local tolerance at week 4 and week 8. Clinical signs assessed by the investigator included erythema, oedema, dryness, desquamation or roughness. The clinical benefit was evaluated by the dermatologist and using skin imaging tools.

RESULTS

In total, 87 subjects were included, 60% were females; the mean age was 19.40±1.0 years. Adults (n=41) and adolescents (N=46) with mild (N=55) to moderate (N=32) facial acne (GEA acne score 2 or 3) were recruited; 55% had a GEA score of 2 while 45% had a score of 3. The main phototype was II (28%); the distribution is given in Figure 1. Up to 60% had at least one grade improvement observed. The total acne lesion count had decreased by 20% at week 4 and by 34% at week 8. The decrease was even more important for the inflammatory lesion count with a decrease of 31% at week 4 and of 52% at week 8 while the non-inflammatory lesion count was decreased by 16% at week 4 and of 28% at week 8. All percent changes were statistically significant (p<0.05). Figure 2 shows visually acne improvement over time in 6 patients with phototypes from I to VI. Overall, the DC regimen was well tolerated according to the dermatologists, 93% of patients had no clinical signs (erythema, oedema, dryness, desquamation or roughness).

DISCUSSION

This study confirms the benefit of a dermocosmetic regimen as a stand alone treatment in mild to moderate acne after 8 weeks of use, with clinically significant efficacy across all 6 phototypes. The routine care was well tolerated and has no comedogenic properties.

References:

2. Goh CL, Noppakun N, Micali G, Azizan NZ, Boonchai W, Chan Y, et al. Meeting the Challenges of Acne Treatment in Asian Patients: A Review of the Role of...