



INFLAMMATORY SKIN DISEASES (OTHER THAN ATOPIC DERMATITIS & PSORIASIS)

## CLOBETASOL AND TRICHLOROACETIC ACID PEELS: A SUCCESSFUL COMBINATION FOR HYPERTROPHIC LICHEN PLANUS

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**Background:** Lichen planus is a chronic inflammatory dermatosis. The hypertrophic form is particularly difficult to heal. We report two cases of hypertrophic lichen planus successfully treated with TCA and clobetasol used in combination after the failure of usual therapeutics.

**Observation:** A 67-years-old male patient and a 45-years-old female patient with a past medical history of lichen planus consulted for pruritic and hypertrophic skin lesions on lower limbs and the back of the foot respectively. Skin biopsy was performed and histological examination was compatible with hypertrophic lichen planus. UV therapy, systemic and topical steroids were used in past flares with partial improvement. In our male patient, trichloroacetic acid peels 50% (TCA) were applied every two weeks in combination with topical clobetasol in occlusion once a day. In our female patient, TCA peels 33% were applied every week in combination with topical clobetasol in occlusion once a day. The outcome was good in both cases. Cessation of the severe pruritus and involution of the hypertrophic plaques were accomplished after 6 weeks and 3 months respectively. Partial depigmentation remained after the treatment. No relapse was noted after 1 year of follow up.

**Key messages:** Exfoliating and immunosuppressive properties of TCA peels would have improved the absorption and the efficiency of topical steroids. Randomized and controlled trials are needed to elucidate the potential efficiency of this combination. Also, TCA peels and topical steroids used in combination could be a good therapeutic alternative for other inflammatory dermatosis with hyperkeratosis such as prurigo nodularis and hypertrophic lupus.

