



INFLAMMATORY SKIN DISEASES (OTHER THAN ATOPIC DERMATITIS & PSORIASIS)

EFFICACY OF COMBINATION TREATMENT WITH IPL AND TOPICAL TACROLIMUS IN PATIENTS WITH LICHEN PLANUS.

Natalia Manturova⁽¹⁾ - Larisa Kruglova⁽²⁾ - Anna Stenko⁽²⁾ - Evgeniya Ikonnikova⁽²⁾

Institute Of Plastic Surgery And Cosmetology, Plastic Surgery, Moscow, Russian Federation⁽¹⁾ - Central State Medical Academy Of Administration Of The President Of The Russian Federation, Dermatovenerology And Cosmetology, Moscow⁽²⁾

Introduction: Lichen planus (LP) is a chronic cell-mediated immune disorder of unknown origin, involving skin and its derivatives and mucous membranes. The aim of our study was to evaluate the effectiveness of combined treatment protocol composed of IPL and topical tacrolimus in patients with LP.

Materials and methods. Adult patients (n=62) with LP were enrolled in randomized 5-week studies. Of these patients 22 were randomized to IPL+topical tacrolimus combination therapy, 20 to IPL therapy and 20 to topical tacrolimus monotherapy. Tacrolimus ointment was applied to all affected body areas once a day in the evening after the IPL procedure to exclude the destruction of tacrolimus molecule by UV and twice a day in the group of topical monotherapy for up to 30 days. The IPL therapy was conducted daily with fluence 16-25 J/cm², power density of 40 mW/cm². We used self-created skin score ILP (Index Lichen planus) and to evaluate treatment efficacy. Patients were assessed at baseline, day 10, day 20 and day 30. The primary efficacy end-point was the percent change in ILP from baseline to day 30. VAS was used to assess itch as additional treatment end-point.

Results. By the end of the study patients' ILP in group undergone combination therapy decreased by 80% from baseline (p<0,01). Remission defined by reduction of ILP by >95% was seen in 54,6% of the patients and substantial improvement defined by reduction of ILP by 75-94% was seen in 27,3% of the patients, compared with 40,9% and 25% in IPL-group and 5% and 30% in tacrolimus monotherapy group respectively.

Conclusion: Combination therapy with IPL and tacrolimus is more effective than IPL and topical tacrolimus treatment regimens alone.

