



NAIL DISORDERS

NAIL PEELING WITH TRIPLE COMBINATION BLACK PEEL CONTAINING ACETIC ACID, SALICYLIC ACID & POTASSIUM IODIDE - A NOVEL ADJUVANT THERAPY FOR ONYCHOMYCOSIS

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Background: Onychomycosis (ONM) is more prevalent in the elderly, diabetics, and immunocompromised. Nail peeling with GA 70% has recently been explored for nail conditions.

Aim: To assess the safety and efficacy of 70% GA peels vs Black Peel (BP) that contains black acetic acid (BAA), salicylic acid (SA), and KI for ONM with additional anti-fungal effects, in patients with toe nail ONM.

Materials and Methods: RCT conducted in 66 patients with toe nail DLSSO-ONM; divided in three groups. In Group A and B, BP and GA 70% peels were used as per a preplanned protocol of 28 weeks duration. Peel sessions given weekly for 4 weeks and fortnightly for 6 months. 5% amorolfine (AMF) lacquer was applied after peel and then weekly. Group C was treated only with weekly AMF for 28 weeks. Efficacy measures: 1) Primary - dermoscopically-evaluated clinical improvement (DECI) at 32nd week; 2) Secondary - culture negativity percentage at 32nd week.

Results: 62 patients included in final analysis (mean age 51.8 years, 342 nails). Most common fungus - Trichophyton rubrum in 28 cases. DECI at 32nd week was 91%, 82%, and 74% in groups A, B, C respectively, showing significant ($p < 0.05$) improvement over baseline. The DECI in both peel groups was statistically superior over group C ($p < 0.05$). The higher improvement seen with BA peel over GA peel protocol, was statistically insignificant. Decrease in percentage of subjects with positive culture (baseline to 32nd week) - 67.0% to 9.5%, 57% to 14.3%, and 55% to 20% in groups A, B, and C respectively. All treatments were well tolerated.

Conclusion: Chemical peels improve clearance of ONM, in combination with topical





antimycotics. Black peel with anti-fungal components BAA, SA and KI is a novel adjuvant therapy for ONM in elderly/diabetic/debilitated patients who are poor candidates for oral anti-fungals.

