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USING OF TOPICAL METHODS IN THE TREATMENT OF SEBORRHEIC KERATOSIS

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Introduction: Seborrheic keratosis (SK) belongs to the group of benign skin neoplasm. Due to the widespread prevalence of seborrheic keratosis, the question arises about the optimization of treatment and diagnostic algorithms. The aim of this study is to introduce topical resources in the treatment of SK as an alternative to invasive interventions that do not always meet the aesthetic needs of patients.

Methods: We examined 20 patients with seborrheic keratosis. Confirmation of the diagnosis was performed on the basis of clinical-dermatoscopic-pathomorphological examination.

Results: SK were localized on the trunk, limbs and face. Randomly, patients were divided into 2 groups. First group applied topically 30% hydrogen peroxide solution once daily for 5 days with exposure in 1 minute, which led to the formation of a crust on a surface of the lesion, which disappeared in 1-1.5 weeks after therapy with subsequent complete clinical recovery. The second one was administered adapalene gel twice a day for 2 weeks, with an additional application of 5% salicylic ointment twice a week, once in the evening (instead of adapalene), after the above therapy, used a 30% solution of hydrogen peroxide. In the last group, there was a decrease in the size of SK using adapalene as monotherapy and complete cleaning of the skin occurred with the combined scheme.

Conclusions: The use of topical oxidant and retinoid in the treatment of seborrheic keratosis is a promising area. The main advantage of topical therapy is the absence of secondary pigmentation or scars and the possibility of self-application without invasive intervention.

Keywords: seborrheic keratosis, topical treatment, adapalene, hydrogen peroxide

