INTEREST OF A CLEANSER PRODUCT ON SUBJECTS WITH MILD TO MODERATE ACNE AND VERY DRY SKIN DUE TO ACNE TREATMENTS

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INTRODUCTION & OBJECTIVES

Topical or oral retinoids are standard therapeutics in acne. They provide anti-inflammatory effects and reduce comedones, but lead to several cutaneous side effects, such as local skin irritation, dehydration, desquamation, pruritus, and lipid level alteration at the surface of the skin, which intensity depends on their concentration and formulation of the product. Biologically, these side effects are related to an excessive decrease in sebum production and an altered skin barrier, representing a key issue in patients' adherence to treatment. Therefore, the aim of this study was to evaluate, under dermatological and ophthalmological control, the safety and the subjective efficacy of a specific cleansing product in promoting skin comfort to patients undergoing retinoid treatment.

MATERIALS & METHODS

In an observational, blinded control study, which includes two visits at day(D)0 and D28, 30 subjects, aged from 14 to 29 years (mean age 20.6 years) under treatment for at least 15 days with mild to moderate acne and very dry skin were included and used the studied product on the face twice daily for 28 days. The Subjects Global Assessment (SGA) of acne severity was evaluated by the subjects at the end of study in comparison with the previous visit. Cutaneous and ocular safety assessments were performed at D0 and D28 by a dermatologist and ophthalmologist, respectively. The skin hydration and the lipidic index measurements were performed at each visit. In the same way, the immediate and long-lasting efficacy of the product were evaluated by the subjects at D0 and D28.

RESULTS

All subjects were compliant with the treatment and 80% of them had a remarkable improvement in terms of acne severity comparing to D0 (**Fig. 1**). For 28 days of product use, no cutaneous and ocular reactions or discomfort sensations ascribable to the tested product were reported. The skin hydration was significantly improved (**Fig. 2**) and no significant decrease in the lipidic index was observed compared to D0 (**Fig. 3**). At D28, the immediate and long-lasting subjective efficacy of the product were very good (**Fig.4-5**).

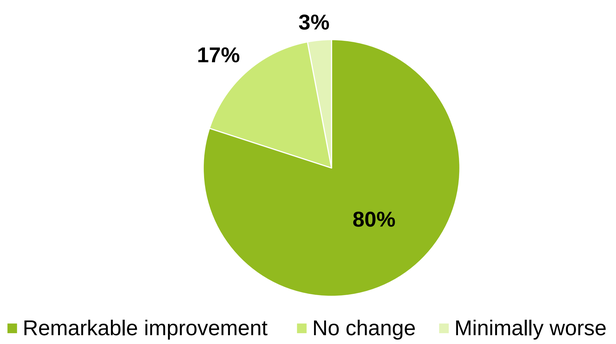

Figure 1: *Subject Global Assessment (SGA) evolution: percentage of subjects allocated to each score*

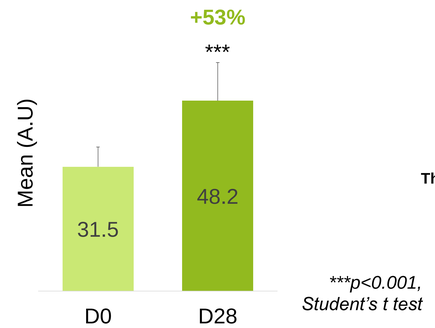

Figure 2: *Skin hydration evolution between D0 and D28*

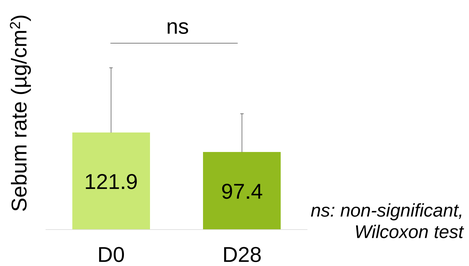

Figure 3: *Skin lipidic index evolution between D0 and D28*

Figure 4: *Percentage of subjects that agree to totally agree the immediate efficacy*

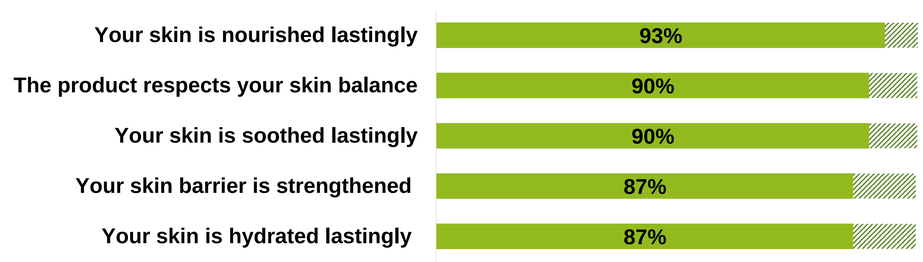

Figure 5: *Percentage of subjects that agree to totally agree the long-lasting efficacy*

CONCLUSION

The studied product was very well dermatologically and ophthalmologically tolerated by the subjects under retinoids treatment. Moreover, while treatment was being efficient on acne lesions, this cleansing product was able to counteract treatment side effects by restoring the skin hydration level and preserving the cutaneous lipid rate. These results show that its moisturizing and nourishing effectiveness may therefore contribute to a better compliance to ultra-drying medical acne treatments.

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