EXPLORING THE EFFICACY OF A DERMOCOSMETIC SERUM IN ADDRESSING DARK SPOTS: A STUDY OF 39 PATIENTS WITH POST-INFLAMMATORY HYPERPIGMENTATION, MELASMA, OR LENTIGOS

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INTRODUCTION & OBJECTIVES

Dark spots represent a common concern in dermatological consultations, particularly among individuals with higher phototypes, given their aesthetically displeasing appearance and significant impact on quality of life and well-being. A study from Dlova et al.* ranked dyschromia as the third most frequent dermatologic diagnosis in Durban, KwaZulu-Natal province, South Africa, with the most common types of pigmentary disorders being, in order of prevalence, vitiligo, post inflammatory hyperpigmentation (PIH), and melasma.

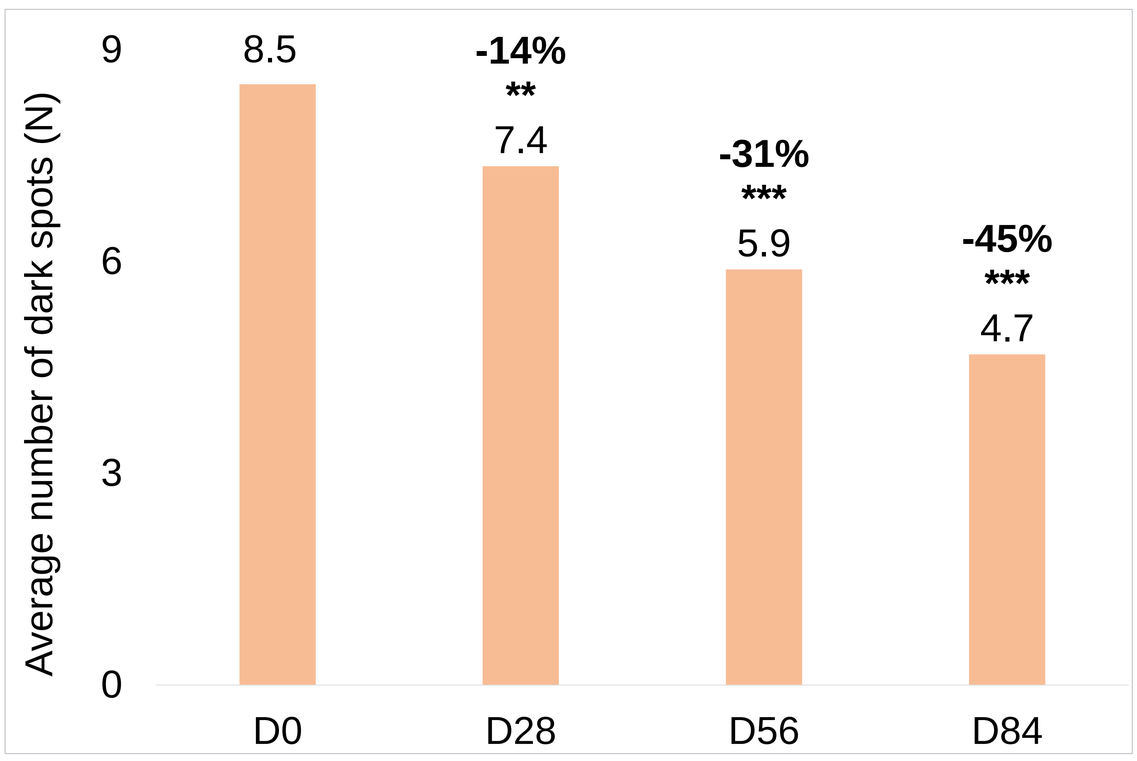
The objectives of this study were to evaluate the efficacy and tolerability of a pigmentation correction serum, as well as the impact on quality of life.

MATERIALS & METHODS

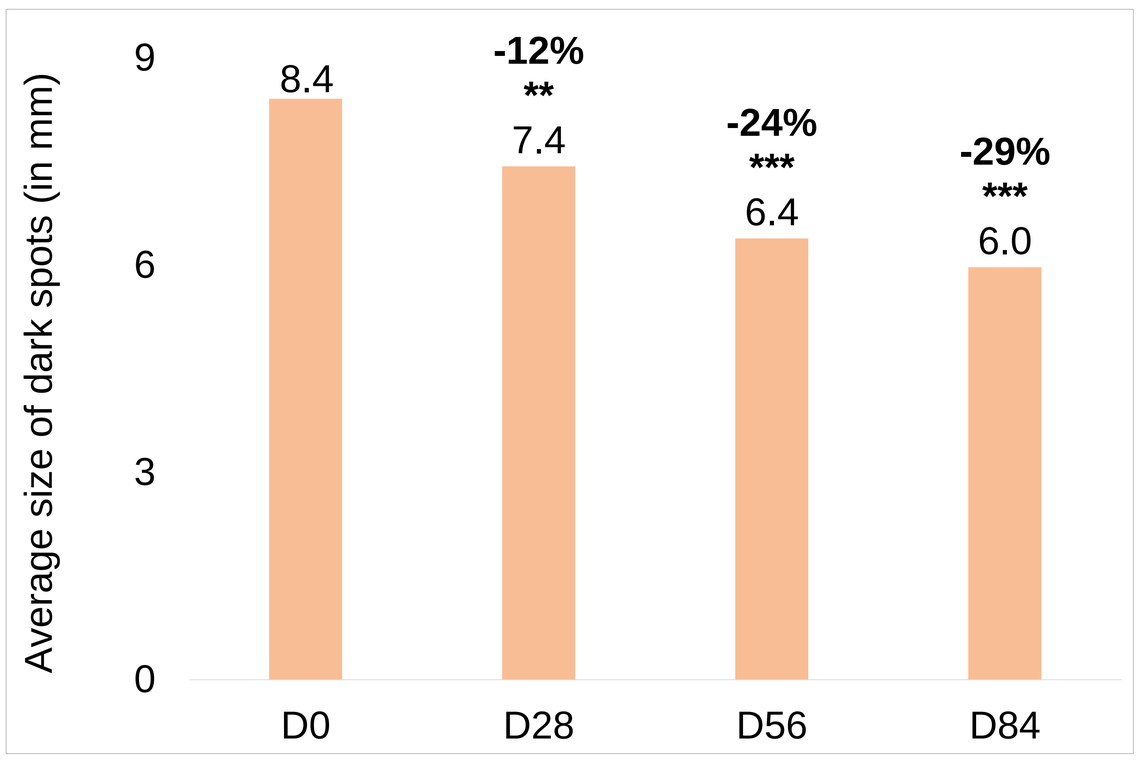
This was an open label, intra-individual comparative analysis including 39 subjects from phototype IV to VI presenting with PIH, melasma or lentigos. It included 4 visits (at D0, D28, D56, and D84).

RESULTS

From D0 to D84, the serum demonstrated good clinical efficacy on dark spots by **decreasing the number** (*Graph 1*; **-45%;** p<0.001; Wilcoxon test) and **the size of dark spots** (*Graph 2*; **-29%;** p<0.001; Wilcoxon test).

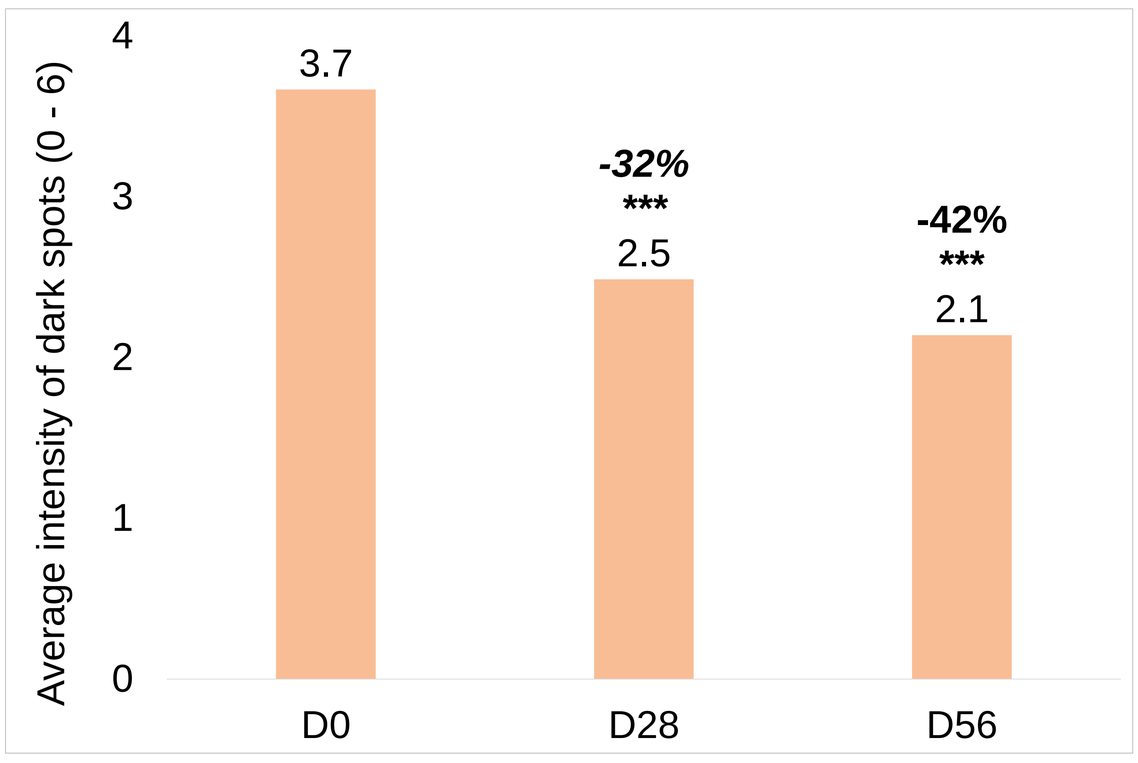


Graph 1. Decrease of dark spots number

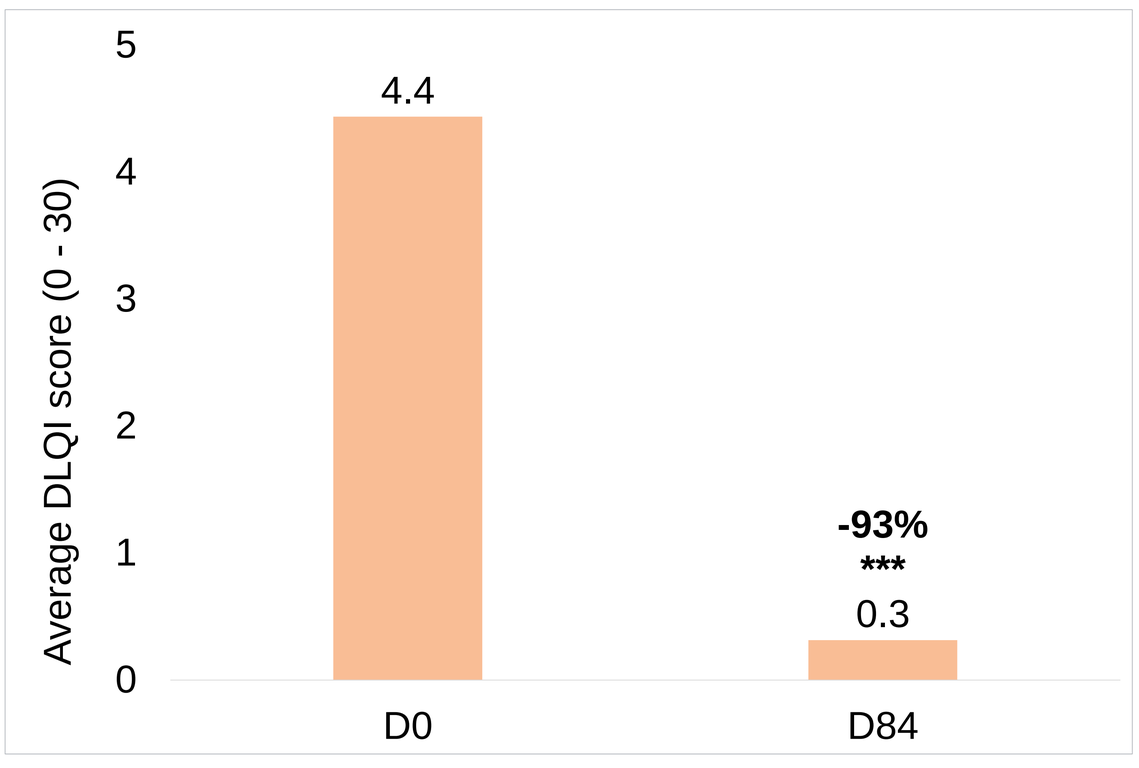


Graph 2. Decrease of dark spots size

Furthermore, from D0 to D56, a significant **decrease in the intensity of dark spots** (*Graph 3*; **-42%**; p<0.001; Wilcoxon test) was found. At completion of the study (D84), none of the subjects demonstrated severe intensity of dark spots whereas 85,7% presented a low intensity (clinical score = 0 or 1).



Graph 3. Decrease of dark spots intensity



Graph 4. Decrease DLQI score

In terms of quality of life, at D84, the results showed a significant decrease of Dermatology Life Quality Index (DLQI) scores compared to D0 (*Graph 4*; **-93%**; p<0.001; Wilcoxon test). In addition, no adverse effect was observed during the study.

CONCLUSION

A pigmentation correction serum for managing dark spots such as PIH, melasma or lentigos demonstrated clinical efficacy, tolerance and a positive impact on quality of life.

* Dlova NC, Akintilo LO, Taylor SC. International Journal of Women's Dermatology2019; 5: 345–34