

EP002: Assessment of therapeutic outcomes of keloids treated with triple combination and cryotherapy

using patient observer scar assessment scale and dermatoscopy

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Conflict of interest: None

Introduction

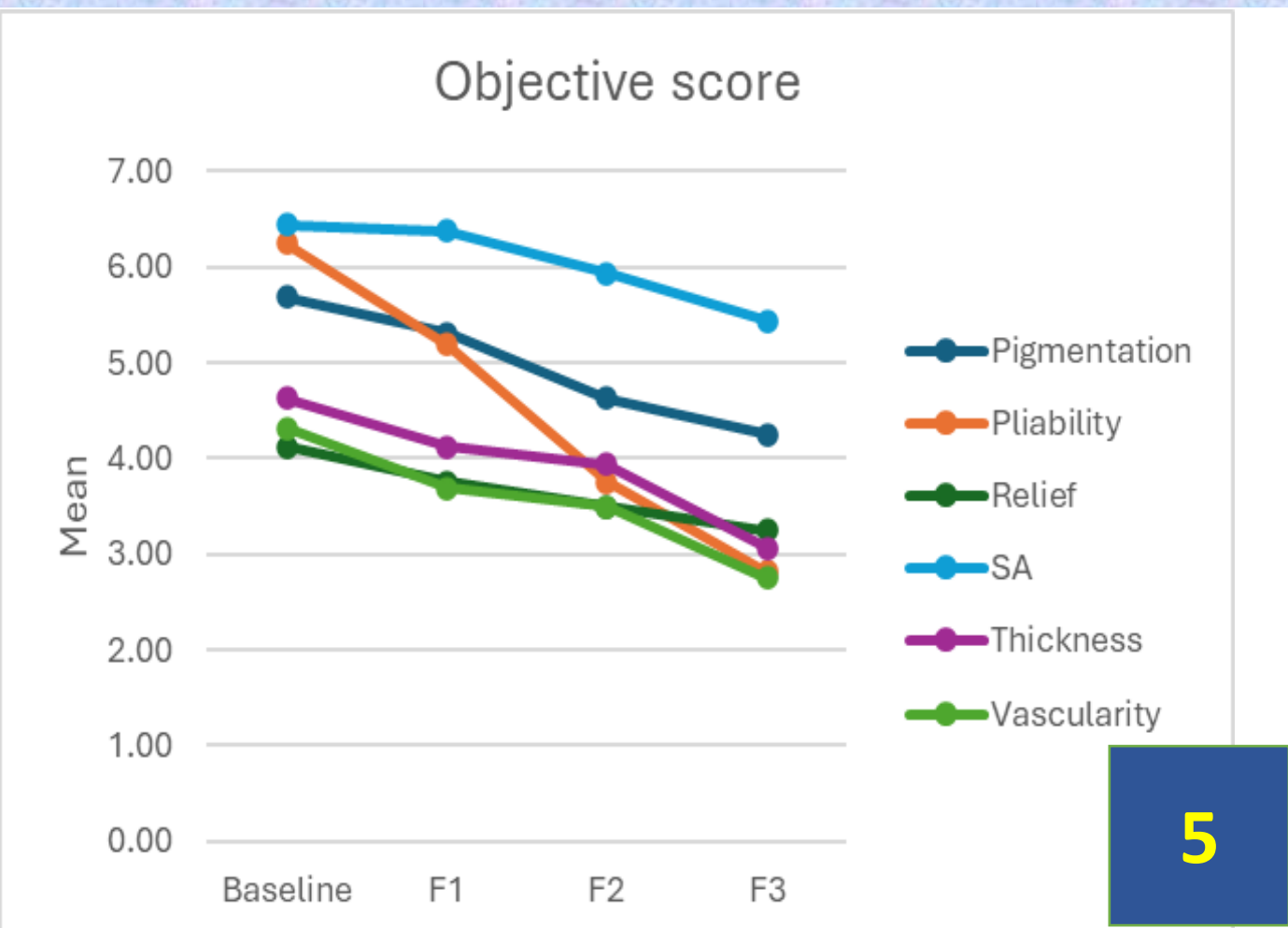
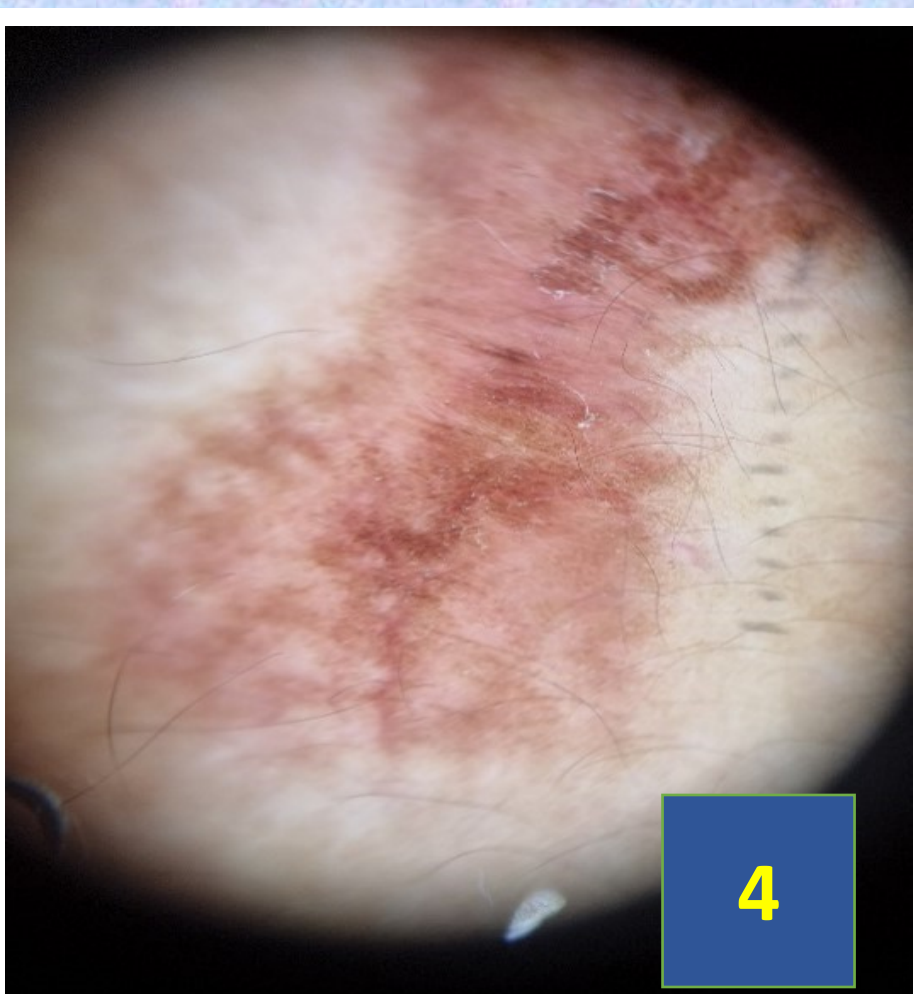
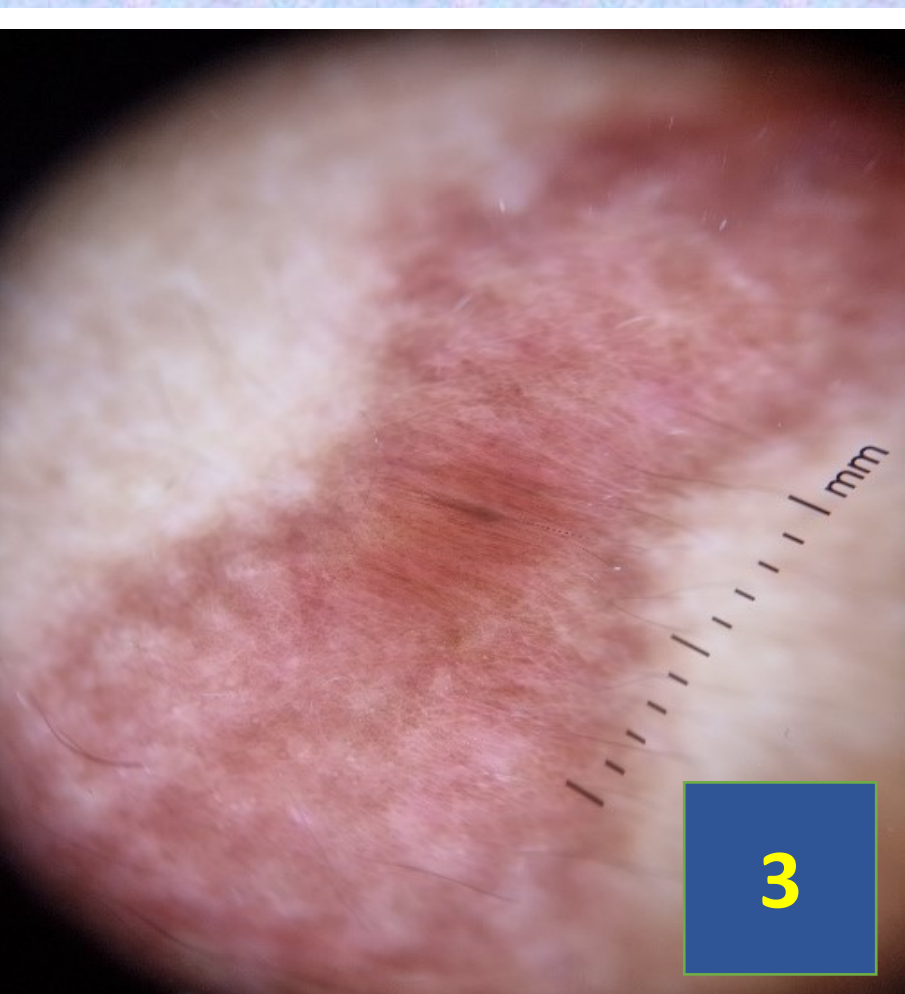
- Keloid occur due to abnormal wound healing
- It can have a negative psychological impact
- Treatment of keloid is challenging for clinicians
- No standard treatment protocol exists
- Triamcinolone acetate (TAC) injections are considered as the first treatment option by the clinical practice

Methods

- ✓ Sixteen keloids from fourteen were enrolled in this cross-sectional study
- ✓ DermLite (DL4) was used to examine the dermatoscopic features
- ✓ Dimensions of the keloid were measured using vernier calipers
- ✓ The POSAS questionnaire was then administered at each visit
- ✓ The study was approved by the institutional ethics committee (IEC2-293)
- ✓ Two cycles of cryotherapy were given to each keloid
- ✓ A concoction was prepared with 0.6 mL of injection 5-fluorouracil (250 mg/5 mL) and 0.4 mL of injection triamcinolone acetonide (40 mg/mL) & 1500 U of hyaluronidase
- ✓ About 0.1 mL/cm² was injected into the keloid
- ✓ Four sessions at an interval of 4-8 weeks were carried out

Results

- There was a significant reduction in the height and width of the keloid from the baseline; the steepest decline in height occurred between the baseline and the first follow-up
- The most common dermatoscopic finding at baseline was linear vessels (81.3%), followed by an arborizing pattern in 31.3% of the keloids
- The total POSAS score was markedly reduced by approximately 24.5; the subjective score dropped by 14.6 points, and the objective score decreased by nearly 9 points by the third follow-up.



- Fig 1 & 2: Keloid at the baseline and after third session of treatment
- Fig 3 & 4: Dermoscopic images showing marked reduction of vascularity
- Fig 5: Mean scores of the parameters in the objective score of POSAS

Conclusions

- Cryotherapy, along with triple combination injections, is a good therapeutic option for thicker, firmer, and symptomatic keloids
- Dermatoscopy can be a valuable tool in assessing therapeutic outcomes
- POSAS scoring is a useful tool to assess the clinical and subjective outcome of the treatment given.

References

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2. Poetschke J, Reinholz M, Schwaiger H, Eppler A, Gauglitz GG. DLQI and POSAS Scores in Keloid Patients. Facial Plast Surg. 2016;32:289-95.