

Pigmentary Disorders and Vitiligo

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Hand rejuvenation and solar lentigines treatment with the triple combination cream (hydroquinone 4%, tretinoin 0.05%, and fluocinolone 0.01%): Randomized, controlled, double-blind trial

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BACKGROUND: The aging of the hands is characterized by solar lentigines, wrinkles, and skin thinning. Lentigines are usually the first sign of photoaging and may produce a significant impact on patients' quality of life. The triple combination cream (hydroquinone 4%, tretinoin 0.05%, and fluocinolone acetonide 0.01%) has been effective for the treatment of melasma and other hyperpigmented lesions.

OBJECTIVE: We designed a randomized, controlled, double-blind, right to left, trial to evaluate the efficacy and safety of the triple combination (TC) cream versus tretinoin 0.05% cream in the treatment of aging hands with solar lentigines.

METHODS: Twenty-two patients were selected and their right hand or left hand were selected at random to be treated with either TC cream or tretinoin 0.05% cream once daily for up 12 weeks. Patients were instructed to apply both creams on the whole back of the hand and not only in the lentigines, and to use a broad-spectrum sunscreen (SPF 50+, UVA-PF 28) daily in both hands. Clinical assessments of Target Lesion Pigmentation, Physician's Global Assessment of Improvement/Worsening, an Assessment of Overall Cosmetic Effect, and a subject's self-assessment questionnaire were collected for data analysis at weeks 4, 8, and 12 after starting the treatment.

RESULTS: The TC cream was clinically superior to tretinoin cream in the treatment of solar lentigines and diffuse pigmentation, and produced a greater improvement in skin quality. Hands in both treatment groups had similar lesions. TC cream was significantly more effective than tretinoin cream in all of the clinical assessments, as well as in the subject's self-assessment. Lesions were equal or approximately equivalent to the surrounding skin in 96% of all TC-treated patients, compared to 56% of those who used tretinoin cream ($P = 0.0017$). Improvement of more than 75% was achieved by 91% of TC cream patients and 27% of tretinoin cream patients ($P = 0.0000$). Skin-related adverse events with the TC cream were mild and transient.

CONCLUSION: The TC cream is an effective and safe treatment option to improve solar lentigines and skin quality for hand rejuvenation. It was superior to tretinoin 0.05% and the time to response was lesser than previously reported for other topical treatments for lentigines.

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