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To assess the clinical efficacy of topical tranexamic acid with micro needling in melasma: A split face study

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Introduction: Melasma is a common cause of facial hyperpigmentation, which is recurrent and refractory resulting in cosmetic disfigurement and adversely affects the quality of life. Although several treatment modalities are available, none is satisfactory.

Objective: To assess the clinical efficacy and adverse effects of topical tranexamic acid with micro needling in melasma.

Material and Method: This is a split face, prospective, randomized, open-label study with a sample size of 40. The left or right side of the face was chosen randomly and micro needling was done on both the sides, followed by 10% tranexamic acid (TA) solution on one side of the face (test side) and distilled water on the other side of the face (control). The procedure was done at 2 weekly intervals (0, 2, 4 and 6 weeks). Clinical images were taken at each visit including modified Melasma Area Severity Index (MASI) scoring of each half of the face to assess the clinical response. Patient satisfaction scores and side effects were also noted.

Result: On the test side, there was 65.92% improvement in the mean MASI score compared to 20.75% on the control side of the face at the end of 8 weeks. Subjective satisfaction scores on the basis of pigmentation and improvement in skin texture increased significantly on both the sides of face however the participants were more satisfied with the results of the combined therapy side than on the control side. No significant side effect of tranexamic acid (TA) solution was found.

Conclusion: TA can be used as potentially a new, effective, safe and promising therapeutic agent in melasma with and is more efficacious when used along with micro needling.

Biography

Kaur A has completed her MBBS at the age of 24 years from Government Medical College And Hospital, Chandigarh (UT), INDIA. She is currently pursuing her post graduation junior residency i.e. MD dermatology, venereology and leprosy from Government Medical College And Hospital, Chandigarh (UT), INDIA. She has 2 case reports that are under publications. She has presented around 5 posters and 2 oral presentations in different national conferences.

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