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## Superficial topical cryotherapy with liquid nitrogen in alopecia areata

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**Background & Objective:** Alopecia areata is chronic, autoimmune, non-scarring, inflammatory dermatological disorders characterized by patchy hair loss. Alopecia areata does not destroy the hair follicle and there is life long potential for hair re-growth. The individuals affected with alopecia areata have tremendous distress, social phobia & depression. In the present study an attempt has been made to prevent psychological scarring in adults as well as small children having alopecia areata with superficial cryotherapy using liquid nitrogen.

**Method:** 40 patients of both sexes above the age of five years having minimum two patches of alopecia to extensive alopecia subtotalis were enrolled for the study. In addition to routine investigations the hair was examined microscopically for exclamation mark hair and to rule out fungal infection. ANA, thyroid function test and viral markers were also done. A cryocan with withdrawal apparatus is required for the storage of cryogen along with cotton tipped applicator for the procedure. Cotton tipped applicator dipped in liquid nitrogen is applied on the involved area and repeated so as to complete two freeze thaw cycles of two seconds each.

**Results:** The therapeutic response was determined as re-growth of hair on the treated areas. At the end of 12 weeks, out of 40 patients, 25 (62.5%) had >90% growth, 10 (25%) had 75% growth and 2 (5%) had 50% growth while 3 (7.5%) had no hair growth.

**Conclusion:** Superficial topical cryotherapy with liquid nitrogen is an effective and safe therapeutic modality. Advantages are ease of use, low cost, good cosmetic results, high cure rate, no requirement of anesthesia, rarity of complications and above all small children can be treated without side effects. It could be used as a new mode of therapy.

### Biography

Jaskanwal kaur has completed her MBBS in 1996 from Punjabi University, Punjab. She has worked as a Medical Officer in Punjab from 1999-2010 followed by MD Dermatology from Baba Farid University of Health Sciences in 2013. She has worked as a Dermatologist for 2 years and currently doing Residency in Dermatology at Government Medical College Patiala.

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