SUMMARY AND CONCLUSIONS

The aim of this study was to evaluate the efficacy of different bleaching agents used in the treatment of some hyper-melanotic disorders such as Melasma and Berloque Dermatitis.

The study comprised 47 patients, 32 patients having Melasma and 15 having Berloque Dermatitis.

The three bleaching agents Kligman Willis formula, Hydro-Cortisone butyrate 0.1% oint and Hydroquinone 5% + Retinoic acid 0.1% oint were applied to the patients twice daily except Hydro-Cortisone butyrate 0.1% which was used once daily.

These bleaching agents were applied for about 6 weeks.

The responses to these agents were detected by comparing the intensity of hypopigmentation after treatment and the presence of any side effects. Zinc oxide oint was applied at the morning as sun screening.

Hydrocortisone butyrate 0.1% was found more effective in the treatment of Berloque dermatitis than melasma (P < 0.05).

Kligman Willis formula and the combination of Hydroquinone 5% + Retinoic acid 0.1% were more effective
than Hydro-Cortisone butyrate in the treatment of Melasma.

Erythema and peeling were the side effects markedly seen with the use of Hydroquinone 5% + 0.1% Retinoic acid combination more than Kligman Willis formula.

There was no statistical difference between the 3 agents in the treatment of Berloque Dermatitis.

The initial occurrence of lightening started before the 6th week in all cases treated with these agents except in case of Melasma treated with Hydro-Cortisone butyrate 0.1% oint where it started at the 6th week.

From these findings it was concluded that treatment of hyperpigmentation as cases of Melasma can be achieved by either Kligman Willis formula or Hydroquinone 5% + Retinoic acid 0.1% oint but the former was more preferable because of less side effect. In Berloque dermatitis patients no significant difference between the three agents could be observed but hydroquinone 5% + Retinoic acid 0.1% cause more erythema and peeling than the others.