



# VTH WORLD CONGRESS OF THE INTERNATIONAL ACADEMY OF COSMETIC DERMATOLOGY

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pigmentation varied from 3 months to 3 years. Chemical Peel with Glycolic Acid 20% was done every month and evaluation was done clinically and photographs were taken.

Results: Patients ranged between 18 to 50 years and the duration of disease from 3 months to 3 years. After 1 Peel no significant response was seen in both the groups. After 2 Peels degree of response was 20% in both the groups. After 3 Peels the degree of response was 40% in first group where as it was marginal in second group. After 4 Peels degree of response was 60% in first group, no much change in second group. Minor side effect like - Pain and burning sensation occurred in 5% but did not effect the treatment schedule.

Conclusion: Chemical Peel was particularly effective in Facial Hypermelanosis in both the groups and was more pronounced in fairer and in those with disease duration less than 1 year.

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## Microdermabrasion in pigmented skin: An Indian experience

S Murugusundram, India  
Patrick Yesudian, India

Microdermabrasion is the procedure of superficial abrasion of the skin using aluminium oxide crystals under vacuum pressure. It is the recommended treatment of choice for Acne scars and Facial hyperpigmentation. Pigmented skin or the dark skin reacts in a distinctly different manner when cosmetic procedures are done. We present a series of cases with acne scars and disorders of hyperpigmentation like melasma in the pigmented skin.

Patients with acne scars and melasma were subjected to microdermabrasion using 130 micron size aluminium oxide crystals. Number of sessions varied from 3-6 depending on the depth of the scars and the clinical response. The sessions were done once in a fortnight. Sun exposure was avoided for 3 days after each session. Pre treatment and post treatment photographs were taken to grade the response.

Acne scars improved well with microdermabrasion. The number of sessions were more in very dark skin (type 6) compared to Type 5 & 4. There were no complications except for rare occasions of hyper pigmentation which eventually disappeared. Melasma showed 60% improvement and was well tolerated. Surprisingly microdermabrasion improved the complexion in many dark skinned patients.

Microdermabrasion is safe and successful procedure in the dark skin compared to chemical peel which very often results in complications in the dark skin.

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## Microdermabrasion histological changes and long term follow up

Kee Lee Tan, Australia

The following studies were done by Dr Kee Lee Tan, a cosmetic surgeon from Perth, Australia. Dr Kee Lee Tan is one of the leading doctors in Australia with regards to microdermabrasion procedures. He has been involved extensively in the research and education of microdermabrasion to cosmetic doctors since 1999. Microdermabrasion has been a modality to treat skin for a long time. A short study was done to determine if microdermabrasion will produce results with histological evidence. Ten patients were selected and biopsied before and after completion of a course of microdermabrasion sessions. The setting of the microdermabrasion was at the lowest pressure of 35 kPa and using only fine crystals. The results were compared after ten sessions. Biopsies were reviewed by a specialist Dermatopathologist from Harvard Medical School, USA. Results showed that microdermabrasion does produce histological changes to the up patient that has had microdermabrasion

performed for various indications. Long term follow up was done between two to five years in the form of photos. These patients did not have any other cosmetic procedures after microdermabrasion. Results showed that long term effects are microdermabrasion. All patients were very happy with the long term effects.

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## BTX-A continuing revolution

Kevin Smith, Canada

The development of BTX as an aesthetic treatment has revolutionized this branch of medicine over the past twenty years - and the revolution is far from over. Our understanding of - and our ability to use - BTX continues to advance at a great rate. Progress is occurring in many areas, ranging from basic science and physiology to the social sciences, including the sociology and psychology of BTX treatment and marketing techniques to increase patient satisfaction and patient retention.

Some of the earliest observations about the analgesic effects of BTX treatment were made by aesthetic physicians. There has been a great deal of progress in our understanding of the analgesic effects of BTX treatment, and new hybrid molecules have been developed which have increased specificity for particular targets in the body, and which in some cases are able to target tissues that are unresponsive to natural forms of BTX. Some of these developments may, in turn, feed back into aesthetic medicine and allow us to produce new and greater benefits for our patients - and to do so with improved safety and perhaps eventually at lower cost.

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## Hot Topics in Dermatology

David Goldberg, United States

Cosmetic dermatology has been evolving for decades. The field is constantly evolving. The hot topics in cosmetic dermatology emphasize the non-invasive treatments of aging skin. This talk will focus on the newest changes in fractionated resurfacing, skin tightening; skin toning, filler agents, botulinum toxin injections and topical growth factor preparations. A variety of different devices and techniques will be described with an emphasis on the total approach to the non-invasive treatment of the cosmetic dermatology patient.

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## Cosmetics, cosmeceuticals and photoprotection

Darrell S Rigel, United States  
Marcia Ramos-e-Silva, Brazil

Skin cancer is the most common cancer in the world and, according to the World Health Organization, melanoma is increasing faster than any other malignancy worldwide. Therefore, the development and implementation of effective mechanisms that protect the skin from cancer-causing UV rays is critical.

Photoprotection is therefore focussed on protecting the skin from the damage that occurs as a result of ultraviolet exposure and the approach to photoprotection focuses on a reduction in the overall exposure to sunlight, not to just a single component of it. To put the importance of photoprotection into perspective and to better understand the key associated issues, one needs to appreciate:

- Why recent changes have made this issue even more important,
- Current available agents and approaches,
- How effective these approaches are and can be,