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THERAPEUTICAL NOTES

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### Instrumental and clinical assessment of the efficacy and tolerability of a topical product with benzoyl peroxide combined with a detergent for acneic skin

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**Background.** Benzoyl peroxide (BP) has been widely used in the therapy of acne for its antimicrobial and keratolytic properties. Data on its efficacy and observations on its irritant effects have been reported in the literature. Moreover, the use of detergents which are often associated in the treatment of acne, promotes in some cases the appearance of irritant phenomena. The aim of this study was to evaluate the efficacy and tolerability of a topical product containing benzoyl peroxide (BP), used in combination with a detergent for acneic skin, by means of clinical evaluation and instrumental methods assessing biophysical parameters.

**Methods.** Thirty volunteers with polymorphic acne of the face were enrolled in the study. Fifteen of them used a topical gel with BP and a detergent, whereas the other 15 applied only the BP preparation for 45 days. In both groups the cutaneous biophysical parameters of hydration, pH and sebum level were investigated at three different areas (forehead, cheek and medio-facial zone). Moreover, the number and type of lesions at a selected skin area were counted and described, and the objective and subjective tolerability were assessed. Evaluations were carried out before treatment and after 20 and 45 days.

**Results.** The total number of the acneic lesions appeared significantly decreased in all subjects, especially in those who had used the BP preparation and the detergent in combination. In both groups we observed an increase in hydration and a decrease in pH after 20 and 45 days of treatment, whereas sebum levels were unaffected.

**Conclusion.** The results obtained confirm that BP is a valid molecule for the treatment of acne. Its use in combination with a detergent enhances its action. Moreover, no alterations of pH, hydration and sebum levels are induced by its use, and this underlines its good tolerability.

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