

20TH WORLD DERMATOLOGY CONGRESS

March 13-14, 2019 Singapore

Systematic review of randomized controlled comparative studies on the different regimens of oral Isotretinoin for acne vulgarisAlessa Fahira¹, Iqbal Taufiqurrachman¹, Ghafur Rasyid Arifin¹ and Lili Legiawati²¹University of Indonesia, Indonesia²Dr. Cipto Mangunkusumo National Central General Hospital, Indonesia

Introduction & Aim: Isotretinoin was found to be superior among other acne therapies in reducing acne lesion counts; hence its valuable role in the treatment of acne is indisputable. While there are many comparative studies comparing the efficacy and safety of different doses regimens, there is no systematic review assessing these studies to determine the best recommendation for oral Isotretinoin dose regiment to treat acne vulgaris. The study aims to determine the best recommendation for oral Isotretinoin dose regiment in the treatment of mild-moderate-severe acne vulgaris.

Method: We searched PubMed, Cochrane, Scopus, ProQuest, EBSCOHOST and Science Direct for comparative studies of randomized controlled trials evaluating different doses regiment of oral Isotretinoin in the treatment of acne vulgaris. Data were extracted and summarized descriptively. Five trials were identified.

Results: Across all trials, low-dose regimens were preferable in all types of acne: Considering its similar efficacy with conventional dose and fewer occurrences of side-effects and relapse with better patients' compliance and satisfaction. If compared with other regimens of low-dose treatment, continuous low-dose regiment had the best efficacy.

Conclusion: We recommend using continuous low-dose regimens for mild-moderate-severe acne considering its efficacy, safety, patient's compliance and satisfaction.

Fahiralessa@gmail.com

Notes: