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TITLE: Evaluation of combination of microneedling with tacrolimus in the treatment of stable vitiligo

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ABSTRACT

Introduction: Vitiligo is an amelanotic disorder that can manifest as localized patches to near total body depigmentation. It is considered a cosmetic disease accompanied by extensive psychological effects. Multiple treatments have been tried but none has achieved the ideal outcome. Tacrolimus is frequently used for vitiligo treatment pertaining to its safety and negligible adverse effects. Microneedling is a newer modality of therapeutic wounding that augments drug absorption. Combination of microneedling and tacrolimus have been tried to improve the repigmentation response in vitiligo. Our objective was to assess the safety and efficacy of this combined modality.

Methods: 40 patients were subjected to combination of tacrolimus 0.1% ointment and microneedling at 2 week intervals for maximum 10 sessions with a follow-up period of 6 months. Assessment was based on grading of repigmentation and clinical improvement according to vitiligo noticeability scale.

Results: Excellent repigmentation was observed in 30% cases. Improvement was significantly higher in lesions present on the head and neck. Mucosal vitiligo also showed good to excellent response. No severe side effects were reported. No complications or recurrences were observed during the follow-up period.

Conclusion: Combination of microneedling and tacrolimus was found to be safe and efficacious in the treatment of stable vitiligo.

BIOGRAPHY

Dr. Parwaaz Matharoo has completed post-graduation in M.D. (*Doctor of Medicine*) in *Dermatology, Venereology & Leprosy*. At the age of 31, she has secured the position of Assistant Professor at *Muzaffarnagar Medical College & Hospital* and is a highly motivated and passionate dermatologist committed to providing excellent health care. She is proficient in diagnostic skills and management of various skin disorders affecting patients of all ages. She aims to perfect her abilities to deliver excellence in clinical practice and dermatological procedures. She has been awarded Prof. B.N. Banerjee gold medal for Best Original Research Paper. Her area of interests are Paediatric Dermatology, Dermatotomy and Skin of Color.



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RECENT PUBLICATIONS:

1. Comparison of the efficacy of microneedling combined with 5-fluorouracil 5% cream versus microneedling combined with tacrolimus 0.1% ointment in the treatment of vitiligo. Turk Arch Dermatol Venereol. 2022;56:64-9.
2. Acute blue finger syndrome: a case report. Iran J Dermatol. 2022 Mar;25:73-5.
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4. Comparative evaluation of timolol vs saline in the treatment of chronic venous ulcer. Int J Sci Res. 2021 Nov;10(3):18-9.
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7. Woolly Hair: A Distinct Diagnosis. Current Trends in Diagnosis & Treatment. 2020; 4(2):103-4.

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