



## P - ACNE AND RELATED DISORDERS

P33 - Prevention of relapses in patients previously treated with oral isotretinoin for severe acne. Results of a multicentre, randomized, retrospective, sponsor-free study

*S. Veraldi*<sup>1</sup>, *M. Barbareschi*<sup>1</sup>, *A. Ferla Lodigiani*<sup>1</sup>, *S. Cavicchini*<sup>1</sup>, *R. Schianchi*<sup>2</sup>

<sup>1</sup>Dipartimento di Anestesiologia, Terapia Intensiva e Scienze Dermatologiche, Università degli Studi di Milano, Fondazione I.R.C.C.S., Cà Granda Ospedale Maggiore Policlinico, Milan, Italy, <sup>2</sup>European Institute of Dermatology, Milan, Italy

**Introduction:** After a systemic treatment with oral isotretinoin, acne therapy must be continued with topical products in order to avoid possible relapses. The aim of this study was to assess whether a topical retinoid is an effective choice in the prevention of relapses.

**Methods:** Patients who were successfully treated with oral isotretinoin for severe acne, at the end of the therapy were randomized into two groups: the first one was treated with a topical retinoid (0.05% tretinoin or 0.05% isotretinoin or 0.1% adapalene, 1 application/day for 6-8 months); the second group was not treated (only detergents and moisturizers were allowed). Follow up was >6 months.

**Results:** At the end of the study, 2/37 patients (5.4%) treated with topical retinoids developed a relapse; in the group of patients who were not treated, 7/31 patients (22.6%) developed a relapse ( $p < 0.05$ ).

**Conclusions:** On the basis of the results of this study, topical retinoids are helpful in the prevention of relapses of acne in patients previously treated with oral isotretinoin.