Three-drug combo cream effective for melasma

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(HealthDay)—A cream formula containing 4 percent hydroquinone, 10 percent glycolic acid, and 0.01 percent hyaluronic acid is very effective in the treatment of melasma, according to a study published online April 6 in the *Journal of Cosmetic Dermatology*.

Zeinab A. Ibrahim, M.D., from Tanta University Hospital in Egypt, and colleagues evaluated the efficacy and safety of topical applications of hydroquinone (Group 1, 20 patients treated with 4 percent cream); 4 percent hydroquinone and 10 percent glycolic acid (Group 2, 20 patients); 4 percent hydroquinone and 0.01 percent hyaluronic acid (Group 3, 20 patients); 4 percent hydroquinone, 10 percent glycolic acid, and 0.01 percent hyaluronic acid (Group 4, 20 patients); or placebo (Group 5, 20 patients).

The researchers found that groups 1, 3, and 4 showed highly significant changes in modified Melasma Area and Severity Index (mMASI) score after using the treatment. After treatment, Group 2 showed significant change in mMASI score. Group 2 also had the most reported side effects, followed by group 4, group 1, and group 3. Before and after treatment there were highly significant differences in dermoscopic color. Vascularization was also seen.

"A cream formula containing 4 percent hydroquinone plus 10 percent glycolic acid plus 0.01 percent hyaluronic acid was very effective in treatment of melasma with tolerable side effects," the authors write.

 More information: Abstract
Full Text (subscription or payment may be required)

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