# Efektivitas dan keamanan gel benzoil peroksida 2,5% sebagai bagian dari paduan terapi lini pertama akne vulgaris sedang pada tipe kulit IV-V fitzpatrick = Effectivity and safety of benzoyl peroxide 2,5% gel as first line therapy regiment in moderate acne vulgaris in fitzpatrick skin type IV- V

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Abstrak

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Latar belakang. Rekomendasi Global Alliance dalam penanganan AVS meliput antibiotik, asam retinoat, dengan atau tanpa BPO. Resistensi obat menjadi perhatian utama pada penggunaan antibiotik jangka panjang dalam terapi akne vulgaris sedang. Kombinasi antibiotik dan BPO direkomendasikan untuk mengatasi masalah tersebut. Pada tipe kulit IV-V hiperpigmentasi pasca akne merupakan masalah yang sering dikeluhkan. Tujuan. Membandingkan efektivitas, efek samping dan kejadian hiperpigmentasi pasca inflamasi penggunaan BPO sebagai paduan terapi lini pertama AVS pada tipe kulit IV-V Fitzpatrick. Metode. Penelitian analitik dengan desaain uji klinis acak tersamar ganda membandingkan dua sisi wajah. Subyek diberikan paduan terapi lini pertama. Sisi wajah perlakuan diberikan gel BPO 2,5% sedangkan kelompok kontrol gel plasebo. Hasil. Pada minggu ke-2,4,6,8 didapatkan penurunan persentase total lesi sebesar 51,47%, 71%, 75%, 82,84% pada kelompok BPO dan 30%, 53,75%, 62,28, 71% pada kelompok plasebo (p<0,001 .) Efek samping dan kejadian HPI pada minggu ke 2,4,6 dan 8 tidak berbeda bermakna. Kesimpulan. Penggunaan BPO sebagai bagian dari paduan terapi lini pertama AVS lebih efektif, tidak meningkatkan efek samping ataupun kejadian HPI.
Kata kunci. akne vulgaris, gel BPO 2,5%,
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ABSTRACT<br>
Background. Global alliance recommendation for moderate acne treatment are antibiotic, retinoic acid with or without benzoyl peroxide. Drug resistance become the most common problem due to longterm use of antibiotic in acne treatment. Combination of antibiotic and BPO is recommeded to overcome this problem. In patient with skin type IV-V post acne hyperpigmentation is one of the most significant complaint. Aim. To compare efectivity, side effect and post inflammatory hyperpigmentation of BPO 2,5% gel as a part of first line therapy regiment in patient with skin type IV-V. Method. This is an analytic study with randomized control trial design comparing both half-face (split-face). Subjects were given first line therapy regiment. Half-face was given BPO 2,5% gel twice daily while other half face with placebo. Result. Total lesions reduction in BPO group on week 2,4,6,8 were 51,47%, 71%, 75%, 82,84% respectively and 30%, 53,75%, 62,28, 71% in placebo group respectively. Conclusion. BPO as a part of first line therapy regiment for moderate acne is more effective, with no increase of side effect nor post inflammatory hyperpigmentation compared to placebo.
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