

# Efektivitas dan Keamanan Krim Campuran Ekstrak Spent Grain Wax, Argan Oil, dan Shea Butter Pasca-Bedah Kimia Trichloroacetic Acid 15%: Uji Klinis, Acak, Terkontrol, Tersamar Ganda, Split-Face = Effectiveness and Safety of Cream Containing Spent Grain Wax Extract, Argan Oil, and Shea Butter Post-Trichloroacetic Acid 15% Peel: Randomized, Controlled, Double-Blind, Split-Face Clinical Trial

Dina Kusumawardhani, author

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## Abstrak

Bedah kimia trichloroacetic acid (TCA) memiliki efek samping yang lebih banyak dibandingkan larutan bedah kimia lainnya. Penelitian ini bertujuan untuk menilai efektivitas pelembap dalam mengurangi efek samping pasca-bedah kimia TCA. Penelitian ini merupakan uji klinis acak terkontrol tersamar ganda dengan metode split face yang dilakukan di Poliklinik Dermatologi dan Venereologi Rumah Sakit dr. Cipto Mangunkusumo. Penilaian global peneliti (PGP), penilaian subjektif pasien (PSP), pemeriksaan indeks eritema (IE), transepidermal water loss (TEWL), dan skin capacitance (SCap) dilakukan pada hari ke-0, 3, dan 7. Subjek penelitian (SP) merupakan wanita dengan diagnosis penuaan kulit (rata-rata usia 46,7 tahun). Sebanyak 27 SP dirandomisasi untuk mendapatkan krim intervensi (krim campuran ekstrak spent grain wax, argan oil, dan shea butter) atau krim vehikulum pada salah satu sisi wajah pasca-tindakan bedah kimia TCA 15%. Terdapat penurunan nilai PGP, PSP, kadar TEWL, dan IE pada kelompok intervensi pada hari ke-3 dan 7 dibandingkan dengan kelompok vehikulum, namun tidak signifikan secara statistik. Kadar SCap meningkat signifikan pada hari ke-7 pada pasien yang mendapat krim intervensi dibandingkan dengan krim vehikulum. Tidak ada efek samping obat yang dilaporkan pada penelitian ini. Krim campuran ekstrak spent grain wax, argan oil, dan sheabutter aman digunakan dan dapat mengurangi efek samping pasca-bedah kimia TCA.

.....TCA chemical peel has more side effects than other chemical peel solutions. This study aims to assess the effectiveness safety of a post-peel cream containing spent grain wax, argan oil, and shea butter in reducing TCA peel side effects. A randomized, placebo-controlled, double-blinded, split face trial on women undergoing TCA 15% chemical peels. Assessment for global investigator assessment (GIA), subject self-assessment (SSA), erythema index, transepidermal water loss (TEWL), and skin capacitance (SCap) was conducted on days 0, 3, and 7. Twenty-seven patients (mean age 46.7 years) were recruited. There were significant improvements in GIA and SSA scores on both groups, but it is not different between the treatment groups. There were erythema index and TEWL improvement on days 3 and 7 compared to baseline, however, there were no differences between groups. The SCap measurement showed significant improvement in skin capacitance on both groups on day 7, but it was better improvement within intervention group. No adverse effects were reported. Cream containing spent grain wax, argan oil, and shea butter showed higher skin capacitance levels but did not significantly affect erythema index, TEWL, clinical and subjective assessments after TCA chemical peeling.