



## Efficacy of Combination of Intralesional Corticosteroid Injection And Cryotherapy Versus Intralesional Corticosteroid Injection Alone In Patients of Keloid

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### Abstract:

**Introduction:** Keloids are cosmetically disfiguring benign fibrous outgrowths, which present as a major therapeutic dilemma due to their frequent recurrence. Many patients are affected both physically and psychologically and report a severe negative impact on quality of life. There is no universally accepted treatment regimen and no set guidelines for the treatment of keloids. A clinical trial was carried out in the department of Dermatology and Venereology, Bangabandhu Sheikh Mujib Medical University (BSMMU), Dhaka, Bangladesh to compare the efficacy of combination of intralesional corticosteroid injection and cryotherapy with intralesional corticosteroid injection alone in patients of keloid. Group A-30 patients were treated with intralesional triamcinolone acetonide with cryotherapy and Group B-30 patients were treated with intralesional triamcinolone acetonide. Exclusion criterias of patient selection were patient with pregnancy, lactating mothers, who are under-treatment for keloids in past 12 weeks, suffering from keloid but those have contra-indications for cryotherapy, known case of cortico-steroid sensitivity, patients with concomitant illnesses like renal failure, hepatic failure, peptic ulcer disease, diabetes and hypertension, and immunocompromised patients and patients / attendants, who were unwilling to give informed consent to take part in the study.

**Conclusion:** Out of all respondents from Group-A, the mean size of the lesions were 8.17cm, 5.90 cm, 4.32 cm, and 3.57 cm and in Group-B, the mean size of the lesions were 7.50 cm, 4.92 cm, 3.00 cm, and 4.75 cm at 1st visit, 2nd visit, 3rd visit and 4th visit respectively. No statistical significant difference is observed between two

groups. Among the respondents of group-A & B, 27 (90%) and 25 (83.3%) were improved respectively. No statistical significant difference was observed between the two groups. P value = 0.448 (> 0.05). In the light of the findings of the study we conclude that each of the treatment is individually effective in the treatment of keloid but study with a larger group of patients for longer period may result in superior outcome in clinical practice through improved compliance.

**Key words:** efficacy of intralesional corticosteroid in keloid, efficacy of cryotherapy in keloid.

### Biography:

Dr Lubna Khondker, has been working as an Associate Professor, Department of Dermatology and Venereology, Bangabandhu Sheikh Mujib Medical University (BSMMU), Bangladesh. She has completed FCPS, MCPS, DDV in Dermatology and Venereology and master of Public health (MPH) from BSMMU, BCPS and University of Dhaka, Bangladesh. She has been involved in various research works from the year of 2002 and the total number of her scientific papers is more than 140 published in both national and international journals including original article 106. She has been performing her duties as a member of Ethical Review Committee of BCPS as well as Institutional Review Board (IRB) of BSMMU for the last 12 years. In addition to this, she is an editorial board member and reviewer for medical journal and member of different scientific committees and scientific paper presenter in national and international conferences. She has been honoured 'Research Award 2019' from Bangabandhu Sheikh Mujib Medical University (BSMMU), Bangladesh for her outstanding research contribution in the field of medical science.

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