

CASE REPORT: CLINICAL FEATURES AND TREATMENT OF RED SKIN SYNDROME DUE TO MISUSE OF COSMETIC BEAUTY PRODUCTS CONTAINING TOPICAL CORTICOSTEROIDS IN VIETNAM

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Abstract:

Red skin syndrome or topical corticosteroid (TCS) withdrawal is a potential complication of TCS treatment, which especially occurs after long-term use of moderate-to-potent TCS on the face or genital area. The objective of this clinical case report is to highlight understanding about clinical features and proposed treatment of this unusual skin disorder due to the abuse of TCS which has been a remarkable problem in Vietnam.

We describe a case of a 57-year-old woman who presented to our dermatology clinic with a severe itchy, burning, stinging, and swelling face after abrupt discontinuation of TCS. She reported a one-year history of the uncontrolled application of skin whitening cream containing corticosteroids on her face. The examination found confluent scaly erythematous edematous plaques, skin atrophy, and telangiectasia all over her face. She has been treated with slow tapering of low-potency topical steroids combined facial care with the use of organic oil containing coconut, walnut oil, vitamin E, and moisturizer, micro-needling with PRP, and dye pulsed light on the affected area. After two months, her skin condition was improved significantly.

In conclusion, red skin syndrome has been receiving a great deal of public attention. By raising awareness about its clinical features and risk factors, patients and providers could identify and prevent this complication. The treatment depends on the personal clinical characteristics of each patient.



Biography:

Dr. Phuong Thi Thanh Nguyen is a passionate young dermatologist who has been working as a doctor and lecturer at Hue Medical University Hospital and Hue University of Medicine and Pharmacy, Vietnam. She got a Wyss scholarship for a Dermatopathology course at Columbia University in the city of New York under the supervision of Dr. David Silvers in 2015. Since then, she joined the weekly video conference with the dermatologists and pathologists from the USA and various regions in Vietnam to consult cases based on clinical and histopathological features. She dreams of acquiring a level of competency in dermatopathology to contribute to developing a high quality dermatologic educational training program in Hue to well educate the students and physicians, and of course, most importantly, to care for our patients.

Speaker Publications:

1. "Exploring Learning Styles in Students Attended Problem-Based Learning Package at Hue University of Medicine and Pharmacy"; Journal of Problem-Based Learning 5(2):37-42; October 2018; DOI: 10.24313/jpbl.2018.5.2.37; Project: Nursing Sciences
2. "Capacity Development in an Undergraduate Nursing Program in Vietnam"; Frontiers in Public Health 6; May 2018; DOI: 10.3389/fpubh.2018.00146
3. "SUPPORTING VULNERABLE MINORITY COMMUNITY ON VIETNAMESE HIGHLANDS – A PARTICIPATIVE CASE STUDY"; In book: Diak Publications Working Life 14 (pp.81-90); Publisher: Helsinki: Diaconia University of Applied Sciences, January 2018;.

[2nd International Conference on Dermatology, Pathology and Cosmetology](#), April 01-02, 2020 Webinar.

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