

## RISING DERM STARS®

### Wedding Dermatology: a proposed timeline to optimize skin clearance and the avoidance of a true dermatologic emergency

Winkelmann RR, MD<sup>1</sup>, Desai TD, MD, Del Rosso JQ, DO

<sup>1</sup>UNT Health Sciences, Houston, TX

Over the last five years leading up to 2018, the wedding industry has increased at an annualized rate of 2.6% to a yearly revenue of \$78.9 billion.<sup>1</sup> Women and men are increasingly presenting to dermatology clinics seeking a clear complexion before their own wedding or that of a family member or close friend.

A recent Pubmed search revealed a complete absence of literature addressing this specific subject. Given the lack of resources and guidelines, a knowledge gap may exist among dermatologists with patients presenting for this concern. The issue is confounded by the fact that not all patients present within the same timeline before their wedding. All acne therapies have potential side effects and require variable amounts of treatment duration for the desired response. Balancing acne treatment efficacy

while mitigating potential side effects with the goal of clear skin on one specific day has never been studied in dermatology. Treatment recommendations would be different for patients presenting with 1 year, 6 months, 3 months, 1 month, 1 week, or even 1-2 days before the wedding date. Table 1 outlines a proposed timeline of acne treatment options for patients seeking clear skin on one specific day based on the current AAD treatment guidelines and expert opinion.<sup>2</sup>

#### References:

1. May 2018. IBISWorld Industry Report. Tying the knot: Rising disposable income will boost industry demand.
2. Zaenglein AL et al. Guidelines of care for the management of acne vulgaris. *J Am Acad Dermatol.* 2016;75(5):945-73.

**Table 1.** 2016 AAD Acne Treatment Guidelines and proposed timeline for ideal wedding acne treatment.

	Acne Therapies	Strength of Recommendation	Level of Evidence	Ideal therapeutic time range	Notes
<b>Topical Treatments</b>	<i>Retinoids</i>	A	I,II	6-12 months	Increase strength as tolerated
	<i>Antibiotics</i>	A	I,II	3-12 months	
	<i>Benzoyl Peroxide</i>	A	I,II	3-12 months	
	<i>Azaleic Acid</i>	A	I	3-12 months	
	<i>Dapsone</i>	A	I,II	3-12 months	
	<i>Salicylic acid</i>	B	II	3-12 months	
<b>Oral Antibiotics</b>	<i>Tetracyclines</i>	A	I,II	3-12 months	Continuous dosing recommended
	<i>Macrolides</i>	A	I	3-12 months	
<b>Hormonal Agents</b>	<i>Combined OCPs</i>	A	I	6-12 months	
	<i>Spirolactone</i>	B	II,III	6-12 months	Increase dose as tolerated
	<i>Oral Corticosteroids</i>	B	II	1-5 days	10-40 mg daily for 5 days, 5 day taper starting at 60 mg, Medrol dose pack, acne may flare after ceremony
	<i>Intralesional Corticosteroids</i>	C	III	0-14 days	Dilutions of Kenalog 2.5-5 mg/ml
	<i>Intramuscular Corticosteroids</i>	N/A	N/A	2-5 days	40 mg IM Kenalog, acne may flare after ceremony
<b>Isotretinoin</b>		A	I,II	9 months-1 year	
<b>Miscellaneous</b>	<i>Chemical Peels</i>	B	II,III	2-6 months	
	<i>Acne Surgery</i>	N/A	N/A	2-8 weeks	
	<i>Laser Therapy</i>	N/A	N/A	3 days-3 months	Extreme caution within several months of event and only when performed by a dermatologist laser expert