

Periorificial Dermatitis: Patient Satisfaction on 1% Topical Metronidazole

Hannah McCarthy¹, Alison Huber, M.D.², Kristy Alonso¹

¹University of Kansas School of Medicine-Kansas City, Kansas City, KS

²University of Kansas School of Medicine-Kansas City, Kansas City, KS, Department of Internal Medicine and Dermatology

Received Aug. 21, 2024; Accepted for publication Aug. 26, 2024; Published online Aug. 27, 2024

<https://doi.org/10.17161/kjmvoll7.22676>

Introduction. Dermatologic conditions that primarily affect the facial region have profound impacts on individuals physical and emotional wellbeing. Despite its benign course, periorificial dermatitis (POD) significantly impacts patients' quality of life due to its prominence in the oral-facial region, along with its chronic and relapsing nature. This study investigates patient satisfaction with 1% topical metronidazole for treating POD, a condition prevalent in young women. Current treatment guidelines lack consensus, leaving clinicians uncertain about optimal management strategies. Topical metronidazole is commonly prescribed, but evidence on patient satisfaction remains limited. We prospectively evaluated patient-reported outcomes to provide valuable insights into the effectiveness of this treatment regimen from the patient's perspective.

Methods. We enrolled participants diagnosed with POD and assessed their satisfaction on 1% topical metronidazole. We evaluated patients' subjective ratings of redness, bumps, and overall discomfort caused by their POD at 30 days of treatment.

Results. Our current data suggests decreases in redness and overall discomfort of the skin, but no changes in skin bumps or texture at 30 days of treatment.

Conclusions. Understanding patient satisfaction with topical metronidazole is clinically relevant as it guides treatment decisions, improves patient-provider communication, and ultimately enhances treatment outcomes and patient satisfaction. POD can be emotionally distressing, impacting patients' self-esteem and mental well-being. Thus, identifying effective treatments that align with patient preferences is crucial for optimizing care and improving patient satisfaction. Future plans include following up with a 90-day post-treatment survey. By addressing the gap in literature regarding patient satisfaction with topical treatment options, this study contributes to the development of evidence-based treatment guidelines, ultimately benefiting patients with POD.