

Effectiveness of punch skin grafts as a treatment for stable vitiligo: a pilot study

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Vitiligo is a difficult condition to treat. It carries a high psychological impact on people in our country. There are various treatment modalities but none of them are 100% effective. Skin grafting is one of the treatment modalities to treat vitiligo.

Patients with vitiligo who had failed to respond to steroids and azathioprine were recruited for the study.

Informed consent was taken. Punch skin grafts were done to the vitiliginous lesions. All of them were assessed fortnightly for three months. Treatment response was measured with photographic documentation. Four female patients were recruited for the study. The age ranged from 13 years to 60 years. Two had stable segmental vitiligo of the face and two had stable vitiligo over hands and legs. All underwent 4mm punch skin grafts.

At the end of the 3rd month one patient recovered by 90%, two patients recovered by 50% and one patient did not accept the graft at all.

Punch skin graft to the vitiliginous patch can be considered a safe, effective and economical treatment modality to treat treatment resistant stable vitiligo. However, a larger sample size is needed to come to a proper conclusion.