

INTRODUCTION AND OBJECTIVES

The objectives of this study were to evaluate the evolution of quality of life one month after a medical corrective make-up consultation for various skin diseases, and make-up use at home since consultation.

MATERIAL AND METHODS

All patients coming to our medical corrective make-up consultation were included during a 46 months period (2009 - October 2012) in an open monocentric study. Patients were asked to fill in a Dermatology Life Quality Index (DLQI) questionnaire before the consultation. A nurse of the department of Dermato Oncology applied La Roche-Posay make-up according to the patients' requests. Lessons impact was evaluated one month later using a postal questionnaire, including a DLQI and 7 questions on make-up realization at home since consultation.

RESULTS

One hundred and seventy-seven patients, mostly women (90%), aged from 4 to 81, have participated to our consultations for 46 months. One hundred and twenty-six patients sent back the questionnaire at one month (71%). Among them, 46 had acne, 15 rosacea, 27 scars of cancer, 13 pigmentary disorders, 6 chemotherapy adverse events, 5 angiomas and 21 various other cutaneous lesions. Nine had 2 associated cutaneous diseases.



Patient with cutaneous adverse events due to chemotherapy and corticosteroids before (a) and at the end (b) of the medical corrective make-up lesson

Variations of DLQI are summarized in table 1. DLQI significantly decreased one month after the medical corrective consultation with nurse ($p < 0.001$). Ninety-two patients (74%) reported an improvement in their DLQI one month after consultation, including 12 of more than 10 points. Only 19 patients (15%) reported a worsening of their DLQI including none of more than 10 points.

Ninety-three percent of patients continued to use make-up at home after consultation, including 50% every day and 25% only for special occasions. Ninety-one percent declared being satisfied with the results of make-up at home and 88% feeling more comfortable in their social life. Ninety-eight percent had an excellent tolerance of their make-up.

DLQI scores before (M0) and 1 month after (M1) the lesson with patient number distribution by DLQI impact categories

DLQI (/30)	DLQI range	Mean DLQI (+/-SD)	No impact DLQI 0-1	Small impact DLQI 2-5	Moderate impact DLQI 6-10	Very large impact DLQI 11-20	Extremely large impact DLQI 21-30
M0	0-28	7 (+/-5.1)	13	44	41	21	6
M1	0-27	4 (+/-4.1)	34	58	24	8	1

DISCUSSION

This is the largest French study evaluating with a validated tool the impact on the quality of life of a make-up consultation performed by a nurse. It shows a significant increase of quality of life (DLQI tool) after one month. Satisfaction of patients is confirmed by a large use of make-up at home after the consultation. Some other studies evaluated the evolution of quality of life of patients suffering from various skin diseases¹, or particular diseases, such as acne² or vitiligo³, but none explored the use of corrective make-up at home.

REFERENCES

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