

Acetate sheets in the standardization of intralesional therapy in dermatology

Problem

Intralesional therapy is a common dermatological procedure for treating several diseases, such as alopecias, hypertrophic scars and keloids.¹ This procedure requires precision during infiltration to obtain satisfactory results and avoid corticosteroid induced atrophy. The precision can be ensured by marking equidistant points using a ruler; however, this can be time consuming for large areas.

Solution

We describe a simple method for demarcation of intralesional injection sites using standardized perforated acetate sheets [Figures 1 and 2]. Acetate sheets are resistant, transparent and flexible materials, and their points can be perforated using a drill. Acetate sheets (for example, overhead projector sheets) are cheap (about one dollar per 8.5" × 11" sheet) and readily available at stationery shops, craft stores and online shopping platforms. Perforated acetate sheets can be easily prepared and reused after

cleaning (wiping with antiseptic solution or sterilizing with ethylene oxide, if necessary) thus becoming a useful and time-saving tool for intralesional injection. Similar pre-designed templates have already been described for high precision freezing in cryotherapy.²

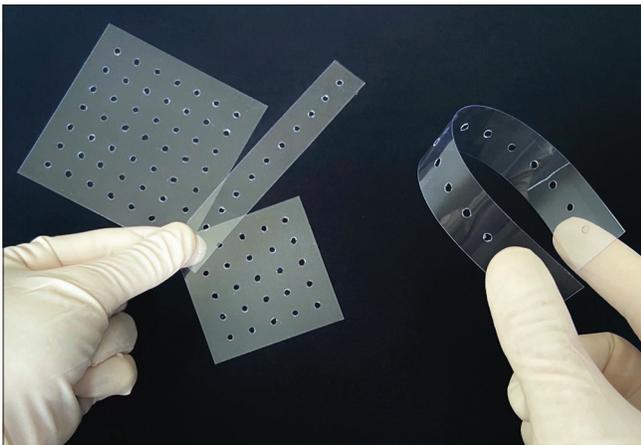


Figure 1: Perforated acetate sheets – different sizes



Figure 2a: Extensive area of alopecia areata

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Figure 2b: Application of perforated acetate sheets



Figure 2c: Demarcated points



Figure 2d: Female androgenetic alopecia

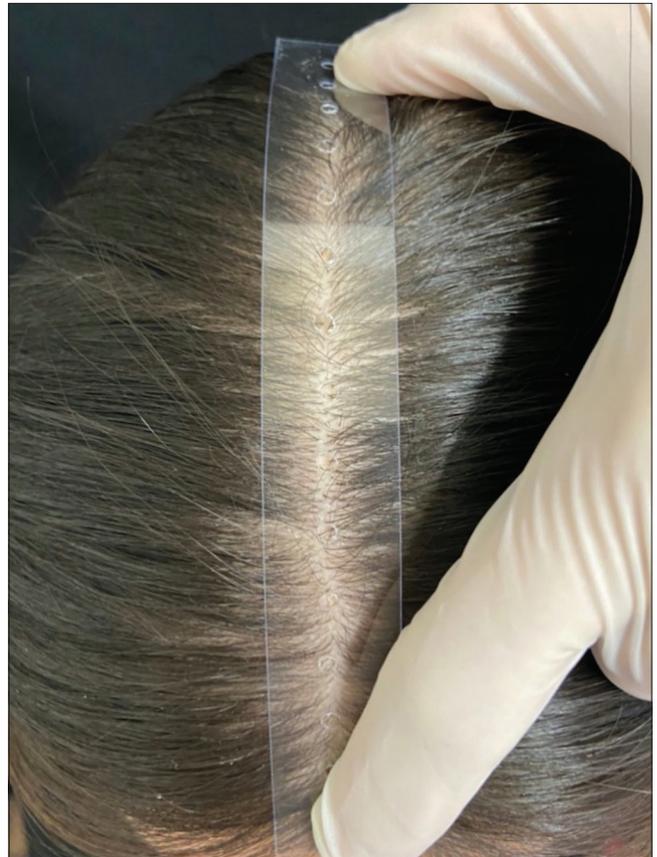


Figure 2e: Application of perforated acetate sheets



Figure 2f: Demarcated points

Declaration of patient consent

The patient's consent is not required as the patient's identity is not disclosed or compromised.

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Nil.

Conflicts of interest

There are no conflicts of interest.

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