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A new adjuvant sequential peel therapy for the treatment of acne vulgaris in ethnic skin: A pilot study

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Both glycolic acid (GA) and salicylic acid (SA) peels are used as adjuvants for the treatment of acne vulgaris. GA causes corneocyte dysadhesion, leading to exfoliation; while SA acts on the sebaceous follicle and has a lipophilic, comedolytic and an anti-inflammatory action. Using GA 70% and SA 20% peel in a sequential manner has not been discussed before. It is suggested that GA 70% peel might enhance the penetration of SA 20% leading to a greater depth of the peel, with less chances for post inflammatory hyperpigmentation especially in ethnic skin groups. The aim of the study is to evaluate both the safety and efficacy of GA 70% and SA 20% as an adjuvant sequential peel modality for moderate and severe acne vulgaris in ethnic skin. Twenty five patients, skin types IV and V with moderate to severe acne vulgaris were enrolled in the study. GA 70% and SA 20% were applied on the whole face sequentially at 3 week intervals for 3 months. Safety was assessed by evaluating the adverse effects, while the efficacy was evaluated by counting the acne lesions by Acne Grading method using Photographic Standards. Patient's satisfaction was estimated by Visual Analogue Scale (VAS). There was a highly significant reduction in acne lesions ($p < 0.01$) at the end of the sessions. 76% of patients were highly satisfied with their results. The sequential peel therapy was very well tolerated in all patients without any persistent side effects. Using glycolic acid 70% and salicylic acid 20% in a sequential manner seems to be a safe, effective adjuvant modality for moderate and severe acne vulgaris in ethnic skin.

Biography

Amira Amin Zayed has graduated from Kasr El Ainy Hospital, Cairo University in 1987 and completed a Master's degree in Dermatology in 1992 and Doctorate degree in Dermatology in 1998. She is a Professor of Dermatology at Kasr El Ainy hospital, Faculty of Medicine, Cairo University from 2011 till date. She is a founding member of the Aesthetic Academy of Egypt. She has published several papers in national and international journals.

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