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Comparing Microneedling and Glycolic Acid Chemical Peel for Acne Scar Treatment in Skin of Color Patients

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Acne vulgaris is a common skin disease frequently resulting in scarring. Scars secondary to acne can lead to physical disfigurements and a profound psychological impact. Early and effective treatment is the best means to minimize and prevent acne scarring. In patients with darker skin tones, current acne scar treatments pose complications including dyspigmentation, further scarring, and overall unsatisfactory clinical outcomes. Our objective was to compare the efficacy of microneedling and 35% glycolic acid chemical peels in the treatment of acne scars and determine whether either treatment provides a more satisfactory profile for patients with darker skin tones. Sixty patients of Fitzpatrick skin phototype IV-VI with atrophic acne scars were randomized into Group A, receiving microneedling every two weeks for a total of 12 weeks, and Group B, receiving chemical peels every two weeks for a total of 12 weeks. Acne scar treatment efficacy was represented by a x >1 grade improvement from baseline measured two weeks after the completion of the last treatment session according to the Goodman and Baron Scarring Grading System. Group A demonstrated more improved outcomes in acne scar treatment compared to Group B. 73.33% (n=22) of Group A patients were treated effectively while 33.33% (n=10) in Group B were treated effectively. Additionally, 26.67% (n=8) in Group A showed no efficacy in improvement after treatment compared to 66.67% (n=20) in Group B. Microneedling provided better efficacy and improvement outcomes than 35% glycolic acid peels for acne scar treatment in our patient population with Fitzpatrick skin phototype IV-VI.

Biography

Rohan Shah is a MD Candidate at Rutgers New Jersey Medical School Class of 2024 with interests in pursuing dermatology as a future specialty. His interests lie in psoriasis, atopic dermatitis treatments, and Mohs Surgery. He was recently inducted into the Skin of Color Society this year.

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