



ACNE, ROSACEA, AND RELATED DISORDERS (INCLUDING HIDRADENITIS SUPPURATIVA)

COMPARATIVE EFFICACY OF 35% GLYCOLIC ACID PEEL VS 20% SALICYLIC ACID PEEL IN THE TREATMENT OF POST ACNE SCARRING

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Introduction: Post acne scarring remains a common entity despite advances in the treatment of acne. A variety of modalities are available for post acne scarring, out of which chemical peels offer advantage of being non-invasive, painless, cheaper and easy to perform technique. Chemical peeling is the application of a chemical agent to the skin, causing controlled destruction of a part or whole of epidermis and/or a part of dermis.

Objective: To compare the efficacy of GA 35% VS SA 20% in treatment of acne scars.

Materials & Methods: A total of 100 patients with post acne scarring were taken and randomly allocated into 2 groups (50 each). One group received 35% glycolic acid(GA) peel and other 20% salicylic acid(SA) peel. A total of 3 sessions at an interval of 3 weeks. Response was graded on a five point visual analogue scale.

Results: Both SA and GA peels caused significant improvement in hyperpigmented scars. Although SA peels had slightly better outcome when compared to GA peel, the difference was statistically not significant. The subjects found a greater final effect with SA, the mean score being 1.52 for GA peel and 1.92 for SA peel. Side effects were minimal and transient and there was no difference in the side effect profile between both the groups.

Conclusions: Both the agents (SA and GA) were equally effective and safe in Indian patients for post acne scarring and hyperpigmentation.

