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## CHEMICAL PEELS IN ACTIVE ACNE AND ACNE SCARS

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### Abstract

Chemical peeling is a widely used procedure in the management of acne and acne scars. It causes controlled destruction of a part or the entire epidermis, with or without the dermis, leading to exfoliation and removal of superficial lesions, followed by regeneration of new epidermal and dermal tissues. The most frequently used peeling agents are salicylic acid (SA), glycolic acid (GA), pyruvic acid (PA), lactic acid (LA), mandelic acid (MA), Jessner's solution (JS), trichloroacetic acid (TCA), and phenol. Choosing the appropriate peel is based on patient's skin type, the acne activity and the type of acne scars. Combination peels minimize side effects. In acne scars, chemical peels may be combined with other procedures in order to achieve better clinical results. A series of chemical peels can give significant improvement over a short period of time, leading to patient satisfaction and maintenance of clinical results.

### Introduction

Acne has a prevalence of over 90% in the adolescent community and persists into adulthood in approximately 12%–14% of patients<sup>1</sup>. Follicular hyperkeratinization, increased sebum production, proliferation of *Propionibacterium acnes* within the follicle and release of inflammatory mediators into the skin contribute to the development of acne<sup>2</sup>.

Possible outcomes of the inflammatory acne lesions are acne scars which can have a considerable emotional and psychologic distress. Minor acne scarring may occur in up to 95% of patients and to a significant degree in only 22%.<sup>3</sup> They represent areas of fibrous tissue that replace normal skin following injury.

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