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# FEATURES OF THE USE TRICHLOROACETIC (TCA) MEDICAL PEELING IN PATIENTS WITH ACNE AND POST-ACNE ON THE COURSE OF ISOTRETINOIN THERAPY. CLINICAL OBSERVATION



## INTRODUCTION

Acne and post-acne scars represent one of the main problems of modern dermatology and cosmetology. Cosmetic defects of acne are the cause of psycho-emotional disorders in patients, often depression. The majority of patients with acne are adolescents with high emotional susceptibility to skin condition, which can affect correct social adaptation.

## OBJECTIVE

The aim of this study was to evaluate the efficiency, safety, and the revision of the standard treatment protocol for patients with acne, with the use of low-dose isotretinoin and peeling with 15% TCA (Easy TCA Classic, Skin Tech) to accelerate the treatment and correction of acne and post-acne.

## MATERIALS & METHOD

15 patients with severe and mediocre forms of acne were treated with isotretinoin at a dose of 20 mg per day.

The total therapeutic dosage for the entire course of treatment in patients was 120-130 mg / kg.

One month after the initiation of isotretinoin therapy, patients underwent a 15% TCA peeling treatment.

The day after the procedure and the next day, a covering daily care was applied to the treated area. During the whole treatment, a sunscreen with SPF 50+ was used to prevent skin hyperpigmentation.

Three sessions were performed in once a month interval.

The improvement was assessed by a dermatologist with a description of the local status, photographs before and after treatment were taken, feedbacks from the patients after the course of treatment was investigated during 6 months during the clinical observations.

## RESULTS

There was a significant acceleration of positive dynamics: regression of acne / post acne, smoothing of the skin surface and a decrease in the depth of post-acne scars, as well as a decrease in hyperkeratosis and post-inflammatory hyperpigmentation in 70 % of the patients. Significant side effects such as dermatitis, long persisting skin erythema, hyperpigmentation, photosensitization, photoallergy and scarring have not been detected.

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## CONCLUSION

Treatment of patients with acne using this method (small doses of isotretinoin and peeling based on 15% TCA -Easy TCA Classic, Skin Tech) gives a faster regression of inflammatory acne, a smoothing of the surface of the scars and minimizing side effects. It is safe, economical, and can be performed in a procedure room within minimal time frame.

