



Dr Anna
Wenger

Dermatologist
Private clinic
Switzerland, Russia

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.

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.

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.

