



## Chemical peels: a case presentation

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**C**hemical peeling is a widely used procedure in the management of acne and acne scars. Acne vulgaris is the most common skin disorder in adolescents and young adults. It carries a significant psychological and economic burden to patients and society. Salicylic acid has been used to treat various skin disorders for more than 2,000 years. The ability of salicylic acid to exfoliate the stratum corneum makes it a good agent for peeling. This report entitles the young adult female with acne and was treated with Salicylic acid and glycolic acid peel and the desired outcome was assessed.

**Introduction:** Acne is a common chronic inflammatory skin disease experienced by most adolescents and young adults and the pathogenesis of acne vulgaris is a multifactorial. The major identified factors that are involved in pathogenesis of active acne lesion formation and scarring are: excess sebum production, follicular epidermal hyperkeratinization, the proinflammatory effects of *Propionibacterium acnes* and other normal skin flora, and immunological reactions. The estimated life-time prevalence is ~80%. Patients experience high levels of anxiety, depression, and low self-esteem which lead to impaired quality of life. Therefore, treatment should focus on early intervention & prevention to decrease the physical and esthetic burden of the disease. The treatment of acne is based on a combination of topical therapies, systemic treatments, chemical peels, dermabrasion, laser & oral medication. Chemical peeling is one of the most common cosmetic procedures in medical practice and has been used for decades. It is defined as the application of chemical agents, of variable strength, on the skin that results in controlled destruction of the epidermis and dermis. The induced exfoliation is followed by dermal and epidermal regeneration from adjacent epithelium and skin adnexa, which results in improved surface texture and appearance of the skin. A chemical peel can be done alone or in combination with other cosmetic procedures and results are enhanced if the correct pre-treatment and post treatment products are used. Chemical peels can be done at different depths—from light or superficial to deep— depending on desired results. Each peel uses a different chemical solution. Deeper chemical peels produce more-dramatic results and deeper skin rejuvenation but also involve longer recovery times. In current case report acne vulgaris was treated with combination of peel treatment and antibiotic therapy to achieve the good outcome result.

**Conclusion:** SA peel is a safe peeling agent and can be used in different cases of cosmetology procedure e.g. acne vulgaris, melasma, photodamage, freckles, and lentigines. It can be safely used on dark skin type. Equally glycolic acid has also shown to be safe in the treatment of acne even in darker skin types as well as adjunctive therapy for the treatment of acne scars. With this SA also has the added advantage of having a whitening effect, which is favourable darker skin types, as well as those with co-existing hyper pigmentation. Compared to newer technologies for acne and acne scars removal, chemical peeling is affordable and with minimal downtime, and can be performed easily.

**Biography:** Dr Disha Jaggi Cairae is an Aesthetic physician & a Hair transplant surgeon. She has done her Fellowship in Aesthetic medicine, Fellowship in Clinical Cosmetology, along with Certification in Hair transplants. Having her degrees from City & Guilds, Australia, Dr Jamuna Pai-Mumbai and Greifswald Institute of Laser & Aesthetic Medicine, Germany. Dr Disha has worked for celebrity clinics and also has her own venture by the name of Dr Disha's hair & skin aesthetic clinic in Lucknow. Dr Disha is one of the leading aestheticians in keeping up with the rapid scientific advancements in the field of Medical Cosmetology. The result of her work speaks for itself making her one of the top cosmetologists of Lucknow. She has been working with brands like VLCC, Enhance clinics (celebrity chain of hair transplant clinic), Iosis etc for 5 years plus.

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