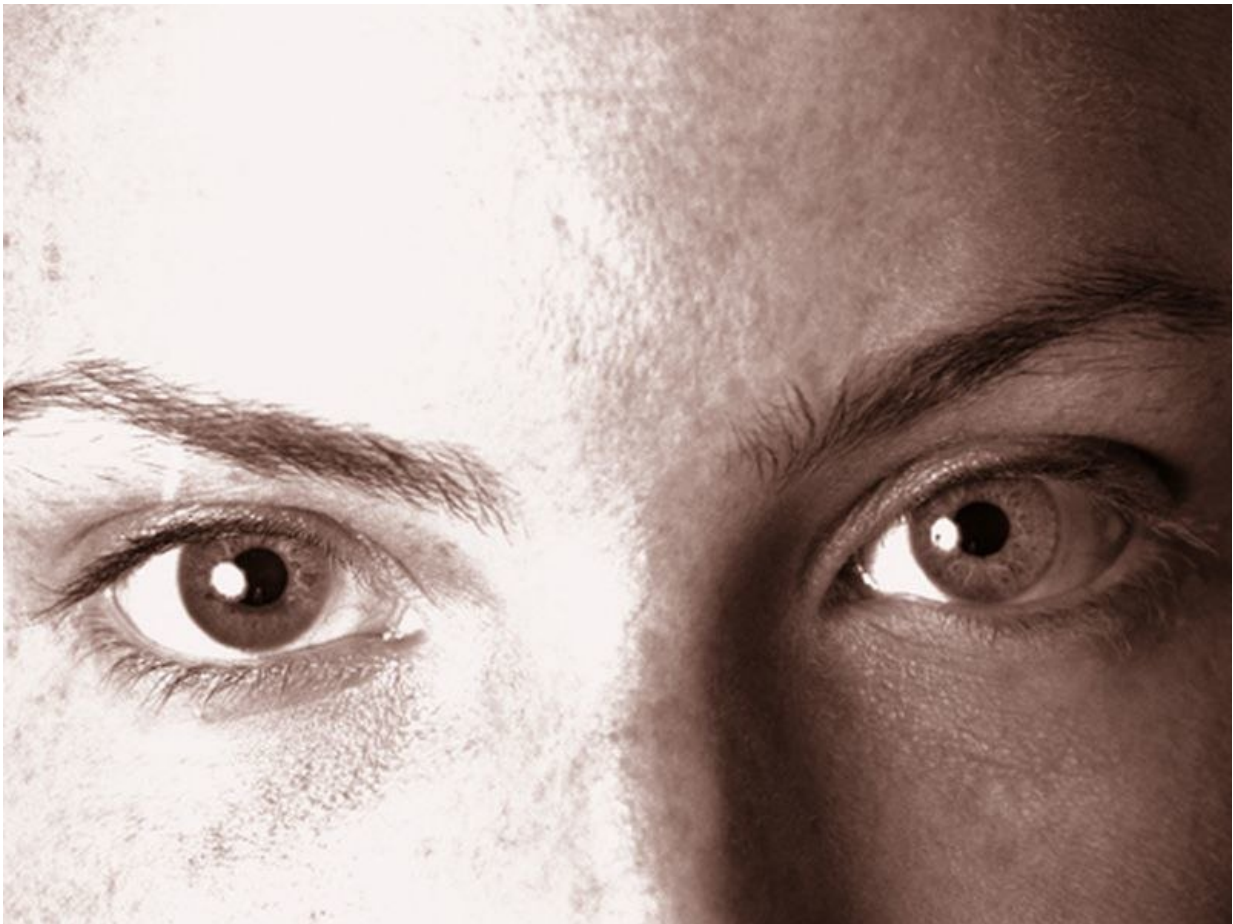


Addition of peel to microneedling improves acne scar treatment

November 9 2017



(HealthDay)—The combination of sequential 70 percent glycolic acid

peel and microneedling results in better acne scar improvement than microneedling alone, according to a study published online Oct. 26 in the *Journal of Cosmetic Dermatology*.

Shiwangi Rana, M.D., from Lady Hardinge Medical College in India, and colleagues examined the efficacy of microneedling with dermaroller alone versus a combination of microneedling and serial 70 percent glycolic acid peel for the management of atrophic acne scars among 60 patients. The participants were randomized to receive microneedling at zero, six, and 12 weeks or microneedling at zero, six, and 12 weeks along with 70 percent glycolic acid peel at three, nine, and 15 weeks. A blinded observer used Echelle d'evaluation clinique des cicatrices d'acne (ECCA) to perform acne scar scoring at baseline and 22 weeks, and patients used the visual analogue scale (VAS) to grade the improvement in their scars and skin texture.

The researchers found that for the 52 patients completing the trial, there was a greater decrease in the mean ECCA score in the combination treatment group compared with the microneedling-only group. In addition, the combination group showed greater improvement in skin texture on the VAS than the microneedling-only group.

"To conclude, management of [acne](#) scars usually require multiple procedures, and there is no single ideal techniques or number of sessions. Addition of glycolic [acid](#) peel to dermaroller gives better [scar](#) improvement, decreases post-inflammatory pigmentation, and improves [skin texture](#)," conclude the authors.

More information: [Abstract](#)
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Citation: Addition of peel to microneedling improves acne scar treatment (2017, November 9)
retrieved 26 April 2024 from
<https://medicalxpress.com/news/2017-11-addition-microneedling-acne-scar-treatment.html>

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