

Superior Skin

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Glytone glycolic peels decrease hyperpigmentation and actinic damage.

In the golden age of tanning, photodamage and hyperpigmentation are common patient concerns, along with poor skin tone and texture.

To address these complaints, we decided to test the power of glycolic acid in treating photodamage and skin quality. We asked five patients to use Glytone® glycolic peels from Pierre Fabre Dermo-Cosmétique USA of Parsippany, N.J., over the course of a month and a half. By the end of the study, we noted promising results in each patient.

Understanding Methods

Patients used the glycolic peels every two weeks for a total of four peels. We applied unbuffered, free-acid glycolic peels in strengths of 30 percent on day 1, 40 percent on day 14, 50 percent on day 28 and 60 percent on day 42.

We also advised the patients to use Avène Tolérance extrême program kit, which includes a cleanser, moisturizer and thermal spring water spray, and an SPF 30 daily sunscreen.

To begin, we took baseline photos of each patient before treatment. We cleaned the patient's skin before application, using a pre-cleanse pad from the peel package. After applying eye protection, we evenly distributed the glycolic acid, in pad form, over the patient's face. We started the first treatment with the 30 percent glycolic peel. We used an alkaline solution to neutralize the glycolic acid on areas that reacted quickly, ensuring an even peel. We also applied an SPF 30 sunscreen after neutralization.

The average application time was

5.5 minutes. At the greatest concentration of glycolic acid, we increased the application slightly to a maximum of 7.5 minutes. This resulted in some mild to moderate erythema but produced no associated edema. At day 14, most subjects experienced mild erythematous

noted smoother texture after day 14.

Generally, patients reported texture improvements after the first peel. By the second peel and through the end of the study, tone and pigmentation also developed. One patient noted that facial acne and mild forehead scarring improved, as well.

Patients noted no adverse effects during treatment. All participants used the tolerance kit and sunscreen with SPF 30. They commented that the thermal spring water spray soothed their skin during postpeel recovery. All five people rated the treatment as mild and continued their usual routines uninterrupted through the study's completion.



Barbara Venditto, LE, preps a patient for a glycolic peel.

dermatitis, but all of the study participants continued with the study, reporting good tolerance.

Improving Texture and Tone

Three out of five participants showed marked photodamage correction, particularly after the day 14 peel. These patients generally had a clinical score of either two or three for desquamation at the beginning of the study. Those who scored lower at the beginning of the study did not note improvement until day 28. However, all subjects

to the skin tissue. Each of the patients showed enhanced skin tone and texture. We also were impressed with the photodamage improvements.

All patients chose to use peels again to maintain these results. Depending on the patient's specific skin care needs, we recommended an at-home regimen to incorporate glycolic acid topically daily with SPF 30. We also advised using Glytone glycolic products to maintain this improvement.

We believe that glycolic acid peels should be a staple of any professional skin care facility. Pierre Fabre Dermo-Cosmétique provides a reputable resource that helps ensure proper PH levels and unbuffered glycolic for consistent treatments. ■

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