

The Efficacy and Safety of a Novel Protective Complex Combined With 50% Glycolic Acid Peel: A Double-Blinded, Split Face, Controlled Study

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ABSTRACT

Background: Glycolic acid (GA) is a commonly used superficial peel with higher concentrations and lower pH levels leading to a stronger effect despite a higher risk of adverse effects (AE), which include burning, pain, itching, erythema, and edema.

Objective: This study aimed to evaluate the potential of a novel protective complex (NPC) to reduce facial AEs following a GA chemical peel treatment.

Methods and Materials: Twenty volunteers were selected for the study. A pair of numbered kits were supplied by and randomly assigned to be applied to each side of a patient's face with either a 50% GA peel plus NPC or a control formulation with only a 50% GA peel. AEs, patient photographs, and standard and red filtered VISIA scans were evaluated by three independent dermatologists.

Results: The average post-treatment pain and itching were significantly higher in the control half as compared to the study half. Recovery time appeared to be significantly shorter in the treated side compared to the control side.

Conclusion: The addition of the NPC to GA 50% peel is a highly effective, safe modality in the reduction of erythema, pain, and itching after peel application, and it provides an advantage in the post-treatment healing period.

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