

THE THERAPEUTIC EFFECT OF GLYCOLIC ACID
PEELS IN DARK SKIN PEOPLE
WITH MELASMA

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ABSTRACT

Melasma is a common disorder of hyperpigmentation. It is multifactorial in aetiology. Given the propensity of the melasma patches to turn darker in dark skinned people, it does indeed become a major issue for people of colour. Therefore it is imperative to find an effective treatment plan for melasma. There is no universally effective specific therapy for the disease. Treatment remains a challenge especially for people of color.

Chemical peels have been effective in reducing melasma and with the minimal downtime required and the affordability, one can opt for that as a treatment option for dark skin. Many studies show that strengths of 35% and above in Caucasians effectively reduce hyperpigmentation. However, there is limited data on the use of higher strengths of peels in darker skin type.

Can higher strengths of glycolic acid be used to reduce melasma? Is the fear of PIH outweighing the possibilities of using higher strengths of glycolic acid in type IV and V skin?

This review hopes to seek conclusive answers to these questions. It analyses the various studies involving glycolic acid in melasma with an aim to find an effective and safe treatment strategy for melasma in a predominantly dark skin population.

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