

**THE EFFICACY OF COMBINATION OF
TRICHLOROACETIC ACID PEEL WITH
JESSNER'S SOLUTION IN TREATMENT OF SKIN
DISORDERS**

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ABSTRACT

Among the chemical peel agents, Trichloroacetic acid (TCA) has an important place. It is a popular chemical peel and a powerful anti-aging tool which can help to smooth lines, plump up skin, improve photodamaged skin and reveal smooth even skin. Trichloroacetic acid alone or in combination with other agents is the mainstay of medium-chemical peels. It can be used for both medical conditions, such as diffuse actinic keratoses, and cosmetic conditions, such as wrinkles of aging skins and superficial acne scars. To increase the depth of penetration and enhance the efficacy of Trichloroacetic acid peel without increasing acid concentration, some agents have been suggested to be used in combination with Trichloroacetic acid. The technique of combination of chemicals allows a deeper penetration and increasing Trichloroacetic acid efficacy while preserving its safety. The present study is aimed to determine the efficacy of combination of Trichloroacetic acid and Jessner's solution. A comprehensive search using the PubMed, Cochrane and Google scholar was done in English language publications. The keywords used were Trichloroacetic acid peel, TCA, Jessner's solution, JS-TCA and combination peel. A total of six studies were included for analysis, with one randomized clinical trials, four non-randomized clinical trials and one case study. The data have extracted from studies. All the six studies showed improvement of the skin appearance. The secondary analysis of these studies showed that the combination of Trichloroacetic acid and Jessner's solution has no serious adverse effect even in patients with dark skins. Therefore, this structured review concluded that the combination of Trichloroacetic acid and Jessner's solution is a safe and effective chemical peel. "Combination peel" technique results in a similar beneficial effect when compared to higher concentration of TCA as a sole agent, but has a better side-effect profile.

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