

AHA Home Peels Offer Benefits to Complement In-Office Procedures and Optimize Patient Satisfaction

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Introduction

Physician-dispensed home peels are used under the direction of a physician. These formulations can provide significant anti-aging and skin smoothing benefits that may be used to complement and enhance in-office cosmetic procedures such as stronger in-office glycolic acid peels, microdermabrasion and nonablative laser. They can also be used to introduce a new patient to procedures and/or to maintain benefits after completing office procedures. To maximize skin treatment, home peels should be used in conjunction with supportive anti-aging home care products.

Objective

This poster will present two clinical use studies demonstrating anti-aging effects and skin tolerability of: (1) an AHA-containing home peel and (2) an AHA/PHA home peel. Both home peels were tested in conjunction with an anti-aging home care regimen of Bionic/PHA (polyhydroxy acid) products.

Study Conduct

- **Design:** Two, open label studies of marketed products:
 - (1) AHA home peel (1x/week for 2 months) + Bionic/PHA home care.
 - (2) AHA/PHA home peel (2x/week for 4 months) + Bionic/PHA home care.
- **Subjects:** Females, 39-64 years of age, Fitzpatrick skin types I-III with mild to moderate photodamage defined by fine lines, wrinkles and hyperpigmentation on the face.
- **Product Application:** General procedures included night time peel application as follows: cleanse, apply peel, terminate peel (wash and rinse or neutralize), apply post-peel cream. Supportive home care regimen of Bionic/PHA products included: morning – cleanse and apply day cream SPF 15; evening – cleanse and apply night cream.

Cosmetic Benefits



➤ Significant improvement in pigmentation/clarity was seen after 8 weeks. (1x/week AHA peel)



➤ Forehead texture and smoothness were improved after 5 weeks. (2x/week AHA/PHA peel)



➤ Peri-ocular fine lines and wrinkles were diminished and skin clarity was improved after 15 weeks. (2x/week AHA/PHA peel)

Home Peel	Supportive Home Care		
Peel Frequency/Concentration/Timing	Cleanser	Day Cream SPF 15	Night Cream and Post-Peel Cream
1x/week AHA peel <ul style="list-style-type: none"> • 10% glycolic acid + 10% citric acid, pH 3.6 • Up to 3 hours per peel 	PHA Cleanser (4% gluconolactone, pH 3.3) <ul style="list-style-type: none"> • Gentle cleanser to remove sebum, skin debris and makeup • Prepare the skin for the peel and for moisturization • Used to wash off the peel 	Bionic/PHA Cream SPF 15 (8% gluconolactone, 2% lactobionic acid, pH 3.8) <ul style="list-style-type: none"> • Provides anti-aging benefits • Multiple anti-oxidants • Highly moisturizing • Broad spectrum UVA/UVB sunscreen protection 	Bionic/PHA Cream (8% gluconolactone, 4% lactobionic acid, pH 4.0) <ul style="list-style-type: none"> • Gentle for post-peel application • Hydrating • Provides anti-aging benefits (skin smoothing, diminishing appearance of fine lines and wrinkles, even skin tone, etc.) • Anti-oxidant • Calms irritated skin, helps to reduce redness, helps repair skin barrier function
2x/week AHA/PHA peel <ul style="list-style-type: none"> • 5% glycolic acid + 15% mandelic acid + 5% gluconolactone (PHA), pH 3.6 • Up to 10 minutes per peel 	Mild Foaming Cleanser (<1% gluconolactone, <1% glycolic acid, pH 3.9) <ul style="list-style-type: none"> • Gentle cleanser to remove sebum, skin debris and makeup • Prepare the skin for the peel and for moisturization 	PHA Cream SPF 15 (2% gluconolactone, 2% glucoheptonolactone, pH 3.9) <ul style="list-style-type: none"> • Provides anti-aging and anti-oxidant benefits • Soothes and moisturizes • Broad spectrum UVA/UVB sunscreen protection 	Bionic/PHA Cream (6% gluconolactone, 2% lactobionic acid, pH 3.9) <ul style="list-style-type: none"> • Gentle for post-peel application • Hydrating • Provides anti-aging and anti-oxidant benefits • Calms irritated skin, helps to reduce redness, helps repair skin barrier function

Clinical Evaluations:

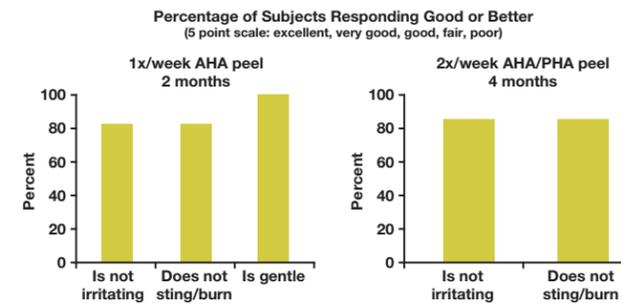
- **Tolerability Assessments:** Subjects were instructed to monitor any redness or discomfort such as stinging, burning, or itching during and after the peels. Subjects were asked to report any bothersome sensations or irritation at each visit.
- **Digital Photography** was collected at baseline and approximately monthly thereafter using the Canfield VISIA-CR camera system.
- **Self-Assessment** was collected approximately monthly after baseline via questionnaires.

Results

- 17 subjects completed the 1x/week AHA peel study; 23 subjects completed the 2x/week AHA/PHA peel.

Tolerability

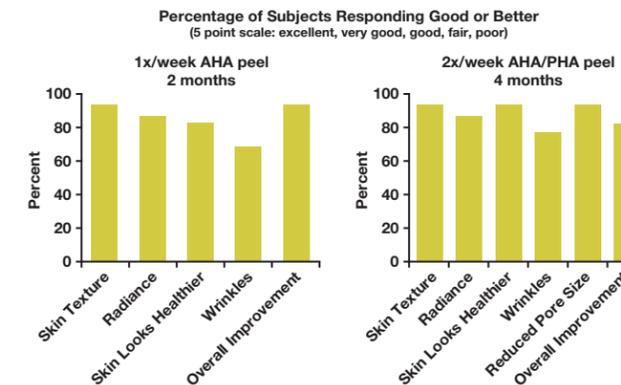
Self-Assessed Gentleness



- No product related adverse events were reported in either study.
- Subject self-assessment revealed that the home peels were well tolerated.
- According to diaries and subject reports the most frequently reported untoward sensations included transient stinging and itching.

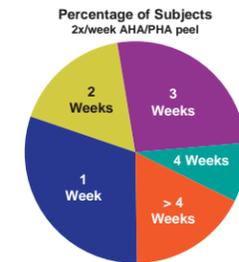
Self-Assessed Benefits

Self-Assessed Skin Benefits



- Subjects noted numerous improvements in skin quality and appearance.

Time to Notice Skin Looking and Feeling Younger



- 83% of subjects perceived younger looking skin within 4 weeks or less.

Summary

The anti-aging and skin smoothing benefits of AHAs and PHAs for photoaged and/or acne prone skin are well known.^{1,2} Incorporating these benefit ingredients into home use peels enables the physician to provide patients with additional choices for skin rejuvenation affording greater convenience and flexibility. The proper physician-dispensed home peel can be used at home as a first step in a comprehensive skin rejuvenation program for patient noticeable results. Additionally, home peels can be used between other cosmetic procedures such as stronger in-office glycolic acid peels, microdermabrasion and nonablative laser to boost effects and/or to maintain skin between procedures.

This poster demonstrates that use of AHA or AHA/PHA home peels provides:

- Anti-aging and skin smoothing benefits which are noticeable to patients.
- Significant improvements in pigmentation, fine lines and texture along with improvements to skin radiance.
- Skin rejuvenation that is well tolerated in conjunction with a regimen of Bionic/PHA home care products.

References

1. Briden ME, Green BA. The Next Generation Hydroxyacids. In: Draelos Z, Dover J, Alam M, eds. *Procedures in Cosmetic Dermatology: Cosmeceuticals*. Philadelphia, PA: Elsevier Saunders, 2005; 205-212.
2. Yu RJ, Van Scott EJ. α -hydroxyacids, polyhydroxy acids, aldobionic acids and their topical actions. In: Baran R, Maibach HI, eds. *Textbook of Cosmetic Dermatology, 3rd ed.* New York: Taylor & Francis, 2005:77-93.

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