

Glycolic Acid

Qualitative composition

Glycolic acid,

Properties

Glycolic acid is an AHA obtained from sugar cane. Its small molecular size confers it with excellent intercellular penetrative properties and so is considered a true keratolytic. Its action mechanism does not consist of acting on the more external corneocytic layers, but rather of inhibiting their cohesion in the deeper layers.

It produces increased skin moisturisation, greater flexibility and greater turgescence.

Action mechanism

In contrast to retinoic acid, which is hydrophobic and requires a transporter protein, glycolic acid is hydrophilic and so diffuses freely in the intercellular aqueous phase.

According to VAN SCOTCH, at this level it inhibits the synthesis of mucopolysaccharides, glycoproteins and sulphurised and phosphatised steroids on the cell surface, substances responsible for inter-corneocytic bonding.

In addition, it promotes the synthesis of glycosamine, normalising cellular metabolism.

It has an analogous action to ascorbic acid (from which it is derived) in so far as inhibiting inflammatory reaction and its anti-radical action.

Usefulness in mesotherapy

It was put forward by PERSONELI (1996) for treating acne processes, stretch marks, fine wrinkles, hypertrophic scars and actinal keratosis.

5 cc of 0.01% glycolic acid are employed once a week, for 2 months (8 sessions). The sessions are spread out as the condition improves and a maintenance protocol established on the basis of the clinical setting.

The ideal complement to this treatment is exfoliation with a 70% glycolic acid gel.