

Pitted & Color Acne Scarring (Part 1)

This series takes 3–4 months, but you can get some amazing results without a lot of downtime if your client will commit to a weekly treatment. I realize that 3–4 months may sound like a long time, but alternatives are 3 monthly deep peels from a dermatologist or a laser peel from a med spa. Wound healing with collagen always takes at least 3 months to see the full effects. This is effective on all Fitzpatricks!!!!

Here's the Skin Script recommendation; both professionally and at home:
Homecare (this is a must as we need to keep exfoliating at home and use lighteners to see the full results)

- **Green Tea Cleanser** to cleanse the face morning and night
- **Glycolic Cleanser** used 5 times per week
- **2% Retinol Scrub** used 5 times per week in conjunction with the Glycolic Cleanser
- **Cucumber Toner** used every morning (rehydrate the skin)
- **Glycolic Pads** used every evening on pigmentation
- **Ageless Skin Hydrating Serum** used morning and night (rehydrate the skin)
- **Ageless Skin Moisturizer** used morning and night
- **SPF**

Pitted & Color Acne Scarring Part 2

Weekly Treatments

- **Weeks 1–10:** Perform a Glycolic Peel. Do not modify your homecare during this peel series. I want to overexfoliate the skin, getting the dermis into trauma mode to produce collagen and plump up and even out the pitted acne scars.
- **Week 11:** Perform a Glycolic Peel, neutralize it, (I use the dermafile at this point) then apply 2 layers of the TCA. Wear the TCA at least 8 hours (or sleep in it). During this peel, you will need to modify your homecare to only a gentle cleanser, moisturizer and SPF, until the peeling process has completed. It is essential that you resume all Skin Script homecare, especially the Glycolic Pads after you are done flaking.
- **Weeks 12–13:** Let the skin rest and continue homecare.
- **Week 14:** Re-perform the procedure from week 11.
- This protocol will yield fabulous results with acne, pigment and texture. You have to be consistent about the homecare and the weekly peels.
- While this has worked for my clients, keep in mind that you will need to modify this protocol based on your clients' sensitivities/reactions to the peels.