Systematic Review of Chemical Reconstruction of Skin Scars Method for the Treatment of Atrophic Scars by Hye Jin Chung |

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Background: Chemical reconstruction of skin scars (CROSS) method applies a high strength acid focally to treat atrophic scars. Although this method has gained popularity, no standardized guideline exists for CROSS method in the treatment of atrophic scars.

Objective: The purpose of this systematic literature review is to evaluate efficacy, safety and detailed techniques of CROSS.

Materials and Methods: An extensive literature review was conducted to identify articles relating to CROSS through 2018.

Results: The literature search yielded 18 articles meeting criteria. CROSS has been found to be safe and effective for treatment of atrophic scars, especially ice-pick scars. CROSS is very well tolerated and safe in Fitzpatrick skin phototypes I-V. Response seems to be higher with multiple treatments and higher concentration of acid. The most commonly reported complications include transient post-inflammatory dyspigmentation and erythema. Pain, pruritus, infection and widening of scars have also been reported.

Conclusion: The CROSS method is a safe and effective treatment for atrophic acne scars, especially ice-pick scars, and can be used in at least skin types I-V. Current studies suggest that higher concentration and more treatments may yield better results, but more randomized controlled trials are needed to elucidate the best methods.