

CHEMICAL PEELING

OVERVIEW

All peels work by removing layers of the skin with a non-toxic chemical solution and this encourages collagen production and cell renewal, to reveal an age-defying healthier, younger-looking you.

Generally light-haired and fair skinned people are the best candidates for chemical peel. The procedure does not work as well on dark-skinned patients.

Depending on the depth of the removed skin layers we can classify chemicals peeling in 3 types

Superficial or lunchtime peel: Alpha-hydroxy acid at a low concentration or another mild acid is used to penetrate in the top half of outer layer of skin (the epidermis)..

Medium peel: Alpha-hydroxy acid at higher concentration (30-50 %) or trichloroacetic acid is applied to penetrate in the whole outer layer of skin (epidermis) up to the surface of the middle layer of the skin (derma) The treatment is used for the same purposes of the superficial peeling but in addition can also remove fine lines and smooth moderate/deep lines, scars (including acne scars) and moderate skin discoloration. They can also be used to treat some precancerous skin growths, i.e. actinic keratosis.

Deep peel: Alpha-hydroxy acid at high concentration (70%) and Trichloroacetic acid or phenol is applied to penetrate deeply into the whole epidermis and a good part of the dermis. The treatment is used for the same purposes of the medium peeling but in addition can also remove moderate lines and smooth deep lines. Patients will see a dramatic improvement in skin appearance. The procedure is used on the face and only can be performed once.

USES

Superficial or lunchtime peel:

- Mild skin discoloration,
- Oily skin
- Rough skin as well as to refresh the face, neck, chest or hands.
- Your daily skin products will also be greatly absorbed (as the outer skin layer has been removed) and this will enhance their effectiveness

Medium peel:

- Same purposes of the superficial peeling
- Moderate skin discoloration
- Fine lines and smoothing moderate/deep lines
- Scars (including acne scars) and

Deep peel:

- Same purposes of the medium peeling
- Remove moderate lines and smoothing of deep lines.

CONTRAINDICATION

The procedure is not recommended for individuals with

- known allergy to components in the proposed peeling
- Unrealistic expectations
- Inflamed, cut or broken skin and any active skin disorder
- Nursing or pregnant.
- Have taken Accutane in last six months
- Have used Retin-A, Renova, prescription skin care products, products that contain ascorbic acid, bleaching or skin-lightening agents or other acid-based products in the last 48 hours

COMPLICATIONS

- Temporary or permanent change in skin color, particularly for women on birth control pills, who subsequently become pregnant or have a history of brownish facial discoloration.
- Scarring
- Reactivation of cold sores

PRE PEELING PERIOD

- Avoid sun exposure and use SPF regularly for 2 weeks before the peeling
- Avoid any product containing alcohol or abrasive content or scrub for 3 days before the peeling

PEELING TIME

Your skin is cleansed to remove the dirt, oil and superficial dead cells and then dried.

The solution is applied on your skin with the help of a gauze or a silk brush. Eyes and skin folds will be protected with wet cotton pads and vaseline.

Chemicals peels sting but do not cause a great deal of pain. The solution is left on your skin for 1-3 minutes depending on the desired effects and then it's neutralized with water or a neutralizer..

POST PEELING

The stinging sensation may persist for few minutes even after complete neutralization.

Depending on the strength of the solution used, the time of application and on your own way to react your skin may look completely normal or show redness/swelling which can last for 24-72 hours (more common in superficial/medium peels) or blisters/crusting which can last up to 3 weeks (more common in medium/deep peels). Following this period your skin may start peeling or may not.

Keep in mind that obvious skin changes and peeling are NOT A SIGN OF A SUCCESSFUL PEELING. A chemical peeling can be very successful even if you don't peel and your skin does not become red/swollen

POST-PEELING RECOMMENDATION

- Drink plenty of fluids and have a diet rich in antioxidants and Vitamin C.
- Resume your daily skin care but avoid any product containing alcohol or abrasive content for 7, 14 or 21 days depending on the depth of the peel and apply large amount of moisturiser several times a day because peels will dry your skin out.
- Apply large amount of SPF 50+ regardless the condition of the weather and avoid direct sun exposure
- Make up
- Avoid smoking and drinking if you can as they may impair the healing process