

## Chemical peeling

The term 'peeling' refers to the shedding of skin and its being replaced by fresh skin cells. With this cell regeneration, the skin becomes smoother and tighter, so the wrinkles disappear and the skin is rejuvenated.

Different types of acids are applied to the areas being treated, and the type of acid, its concentration and the length of time it is left on for, determines the depth to which it penetrates.

At the Erich-Lexer-Clinic, we offer the following medical peelings:

- Light peeling using glycolic acid, or alphahydroxy acid (AHA)
- Deep peeling using tri-chloroacetic acid (TCA)

Annoying wrinkles and creases, deep acne scars or pigment spots, are the usual conditions treated by peeling. Glycolic acid or tri-chloroacetic acid in the appropriate concentrations are applied, under standard treatment conditions, to the affected skin. The type of peeling used, is determined by the condition being treated, skin characteristics and location.

### Who can a peeling procedure help?

Women and men with acne, blemished skin and/or acne scars or other superficial scars, can benefit by a peeling treatment. Also, if laser treatment has been unsuccessful, peeling can also treat pigment disorders, particularly age spots on the arms, hands, face and neckline. Similarly peeling can help age related creases and wrinkles as well as UV light or sun damaged skin. Peeling can also provide added skin rejuvenation after a face-lift, eyelift, or can be combined with other cosmetic treatments (such as laser, botox or wrinkle injections).

### Your consultation

During our chemical peeling consultation, your thoughts expectations and concerns will be discussed in detail and also the limitations of the treatment. Next, a thorough examination of your skin structure, including photo documentation, is conducted. Also different or complementary treatment options are discussed.

### At a glance:

#### Length of procedure:

- Approx. 1-2 hours

#### Postoperative care:

- No sporting activities for about 4 weeks
- Strong sun protection for at least 3 months
- No manipulation of the treated areas during the healing phase
- Cosmetics only in consultation with the doctor treating you

#### Anaesthesia:

- None, if requested mild sedation and/or a local anaesthetic

#### Hospital stay:

- None, however if desired a hotel stay of 2-3 days can be arranged

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### How does the peeling work?

A chemical peel is a skin procedure that removes wrinkles, surface scars and other superficial signs of aging, such as age spots and keratoderma etc., permanently. A course of antiviral and antibiotic prophylaxis tablets starts a day before the treatment and continues for 5-7 days. Peeling is an out patient procedure, and can be done with mild sedation or, if the patient wishes, with intravenous anaesthetic. After thorough cleaning, solutions are applied to the face. On average, to apply the solutions to the face, takes about an hour. In some cases pain relief may be required in the first few hours after the procedure. In the first few days after the treatment, during the renewal and healing process of the skin, lymph fluid seeps out and scabs and blisters can form. Sometimes there is also short-term swelling, especially around the eye area.

### After the peel

When a light peel is done using glycolic acids (AHA), the adverse effects are minimal and short-term. Sometimes there are no adverse effects at all, but if there are, they usually disappear after a few days. The doctor treating you will discuss the procedural requirements and further appointments, as they can vary with respect to each individual.

Where a tri-chloroacetic acid peeling is performed the following procedural requirements after the treatment are: You need to remain in the clinic for 30-60 minutes. One or two days later it is important that you return to the practice for a check up. For patients in general: In no case, scratch or rub your skin, or peel loose skin off. Stressing or straining the skin should be avoided. Smoking also has an adverse effect. Massaging the facial skin and intense physical activity (jogging, tennis etc.), is detrimental to the healing process and should not be performed during the healing phase. Shampoo should not be allowed to come in contact with the treated area. Also, during the healing phase make-up should not be applied. Only cosmetics specifically approved or recommended by the doctor treating you, should be used, and then, only when he/she allows it. Ongoing UV protective care is important in order to avoid skin pigment changes and no sun bathing for at least 3 months. The final result of the peel can usually be assessed after 2-3 months, and usually several sessions are necessary. Ultimately, it is up to the individual to decide when their personal goal has been achieved.