



BOCO Medical's Introduction to Medical Peels

"The wrinkle is a serious disease. The anguish wrinkles cause is worse than heart disease. Everybody worries about wrinkles."

Professor Albert Kligman

As we age the accumulated effects of sun exposure, excessive use of facial muscles, pollutants, acne and scarring damage can change the appearance of the skin. Young smooth, soft and supple skin ages with the development of wrinkles, age spots and loosening of the skin. Such damage can be treated with a chemical peel, a non-invasive procedure designed to promote cell growth and produce smoother, tighter and clearer skin. The word "peel" may be wrongly interpreted in terms of deficiency or thinning. While the old damaged skin layers are removed, in fact there are two subsequent major changes:

1. Thickening of the "dermal" layer of the skin, which is the layer that usually thins with age and/or sun damage and is the layer that is mainly responsible for wrinkling.
2. Alignment of the elastic fibres within the skin into an organised pattern, leading to a general tightening of the skin. This re-alignment of the skin fibres gives the skin the appearance of a tight and smooth skin found in younger people.

Hence the effects of medical skin peels should be looked at in terms of more improvements in quantity and quality rather than thinning. In other words, old imperfect skin is removed, unveiling a fresher, clearer, smoother looking complexion as the skin structure will be thicker and tighter both for the naked eye and under a microscope.

Generally, the degree of change in the skin depends on the peel used, the concentration, type of skin, the process of healing, the depth of peel etc. Medical peels involve the application of various natural chemicals to diffuse through the skin to a desired depth so that with the re-surfacing/regeneration process: wrinkles, irregularities of contour and pigmentation become less prominent. Medical peels are usually performed on the face where the good blood supply aids healing. Other parts of the body such as hands, back or scars and stretch marks over the body are frequently treated successfully at BOCO Medical where programmes are designed on an individual basis to suit various needs. Helen may prescribe a skin resurfacing cream to add to your nightly moisturiser after the 1st peel to improve results and would then be repeated after the 2nd peel.



Conditions that may benefit from a chemical peel:

- Fine wrinkles and dull, weathered skin
- Hyper pigmentation, blotchy and uneven colour
- Sun-damaged and age damaged skin
- Age spots
- Age warts
- Scars e.g.: shallow acne, chicken pox, surgical
- Freckling

Overall benefits of a chemical peel

- Increases smoothness and elasticity
- Improves texture of sun damaged skin
- Corrects blemishes
- Improves fine lines and wrinkles
- Improves uneven skin tone and hyper pigmentation
- Improves mild scars
- Reduces age spots/sun spots
- Improves appearance of open pores
- Normalises oil production
- Improves acne and oil skin
- Increases skin's ability to hold moisture
- Increases skin's tolerance to external factors

In various degrees TCA peels remodel the collagen in the skin and increase elasticity. With ageing, the dermal collagen and elastin decreases as the skin becomes thinner. This is accelerated by sun exposure and is the major factor associated with wrinkling. The changes in the dermis may take weeks or months. To achieve maximum results the Regeneration solution drops should be used to promote healing and reduce risk of hyper pigmentation.

The Trichloroacetic (TCA) Peel

These are flexible peels that are capable of achieving a mild or deep peel. You will need approximately two peels.

The process involves applying a chemical solution to remove the outer layers of the skin so that a smoother, more evenly pigmented, glowing layer of skin can appear. BOCO Medical may tailor the treatment to the needs of your skin. In general, the stronger the chemical (i.e. TCA), the deeper the peel, and the more impressive the results. Because the deeper the peel, the more discomfort you will feel and the longer the recovery time will be, I believe the best results may be achieved by one or two medium-depth peels. Therefore, recovery time and discomfort experienced is mild to moderate.

The benefits are more pronounced than glycolic peels. Caucasian skin responds extremely well to TCA peels although darker skin types should be warned about the possibility of temporary hyper pigmentation.



FREQUENTLY ASKED QUESTIONS & ANSWERS:

Q: Will the peel hurt?

A: The peel is applied in layers. The first layer is light and then further layers may be applied. The depth of the peel depends on the amount of layers applied and therefore how successful the end result. However, at all times the client is observed by the specialist and monitored to ensure that no excessive discomfort is experienced. The discomfort has been described as “stinging” or “tight”. As soon as the peel begins to feel “hot, tight, or itchy” it is removed. There is no discomfort felt after the peel has been removed, although the face may feel “glowing”.

Q: Will I be able to go out after the peel is administered?

A: The skin may look slightly pink after the peel although this subsides in a matter of hours. Make-up may be applied almost immediately after the peel is administered. Peeling is gradual and blistering does not occur. The appearance is not particularly unsightly. Skin may feel tight, slightly itchy and may look shiny before beginning to peel in sections on the face.

Q: How long before I begin to peel?

A: Peeling usually begins between 3 and 10 days after the peel is administered. The peeling process may then take anything up to 10 days to complete.

Q: Are there any post-peel steps I should take to ensure the best results?

- Ensure the skin is moisturised at least 2 to 3 times a day
- Use appropriate creams nightly as prescribed by the specialist
- Use total sun block daily and top up throughout the day during sunny periods. Sun block should be applied routinely in future as part of skin care regime
- Take Vitamin C and Oil of Evening Primrose to promote healthy skin and maintain the results of your peel
- Use resurfacing lotion as prescribed to continue and improve on results of peel. This will also prepare skin for next peel.

Q: How much does the peel cost?

A: The cost of the total treatment package is £400, which includes two chemical peels over a 4-6 week period administered at the clinic and the home-use resurfacing cream to be applied as prescribed after each peel.