



Facial Peels

Facial peels rejuvenate and refresh your facial appearance. They rely on peeling or exfoliating the surface layer of skin and stimulating the underlying layers of skin to produce collagen. This results in a fresh and rejuvenated appearance to the face with improvements to the skin's texture and tone and reduction of uneven pigmentation. Depending on your skin type and the results you wish to obtain and the extent of procedure that you wish to undertake, Ms Nugent may recommend a treatment course of mild to medium facial peels, a single more extensive peel or a course of medical grade skin care in advance of or instead of a facial peel.

There are a variety of facial peels available. Ms Nugent has chosen peels that offer different rejuvenating effects and will choose a peel or course of peels with you that best suits your skin type, skin goals and your lifestyle. Peels compliment and work in harmony with the skin care products that she uses in her practice. Ms Nugent most commonly uses peels by SkinBetter Science®, Obagi® and Skin Tech®.

Indications for procedure

- Uneven facial pigmentation
- Sun damaged skin
- Fine lines and wrinkles
- To enhance facial rejuvenation surgery results e.g. during or after a facelift or blepharoplasty
- To maintain the results of facial rejuvenation surgery

Limitations of procedure

- Facial peels tighten and improve skin tone. They will not lift loose facial skin or plump out hollowed areas. If you have loose skin or hollowing of areas e.g. under eyes, Ms Nugent may recommend additional treatments such as dermal fillers or facial rejuvenation surgery e.g. facelift or eyelid surgery.
- Fine lines and wrinkles will be improved by facial peels. Deeper wrinkles may require additional treatments.
- Some skin types are less suitable for facial peels. This is something that Ms Nugent will advise you on during her assessment.
- Superficial facial peels work best as a course of treatment rather than a single peel
- Medium depth facial peels work better and more evenly after a course of skin care in advance to prepare the skin
- Facial peels should not be undertaken when your skin is tanned. This can result in a less even result.
- Facial peels should not be undertaken if you are planning to be in the sun afterwards. It is very important to protect your skin from the sun while recovering from a facial peel as your skin will be very sensitive to the sun during this time.

Contraindications for treatment

You should not have facial peels in the following situations:

- You are pregnant or breastfeeding
- You have a history of lumpy, hypertrophic or keloid scars
- If your skin is very thin such as after steroid medications, it may not be suitable for facial peels
- If you take medication such as warfarin, clopidogrel, rivaroxaban or aspirin to thin your blood or some over the counter/herbal supplements that also thin your blood, you will be at high risk of bruising and bleeding after facial peels
- Roaccutane treatment in the last 6 months
- You currently have a cold sore
- You are under 18 years old

Please inform Ms Nugent of **all** products taken both prescription and over the counter/herbal supplements and if you have ever suffered from cold sores. She will also need to know which skin care products you use particularly if they are medicated and if you have had any recent skin treatments e.g. laser. If you suffer from cold sores, you may need to take a course of antiviral medication prior to treatment to prevent reactivating the cold sores.

Procedure details

Facial peels are performed without anaesthesia. Before a medium depth peel, Ms Nugent advises that you take some painkillers such as paracetamol or co-codamol. First your skin is carefully cleaned and prepared. The treatment areas are marked. Then peel is then applied with cotton buds to your skin. Each area is treated and “frosting” or white patches appear on the skin. This indicates that the correct depth has been reached with peel. More than one application of the peel solution may be applied until the treatment is complete. Then the solution is carefully wiped off and a soothing post-peel cream applied. A light to medium burning sensation will be experienced during the peel application.

Peel pads

Peel pads contain AlphaRet®, lactic acid, glycolic acid and salicylic acid. They are designed as a course of home treatments to exfoliate and rejuvenate facial skin. One peel pad is used at night three times weekly for a course of 10 weeks. Mild tingling may be experienced during application. Distinct peeling of skin is not usually apparent. No time off work is needed.

Superficial facial peel

These are salicylic acid or glycolic acid peels and gives their best results when performed as a course of 4 to 6 treatments usually spaced 1 to 2 weeks apart. The peeling is very light and can be disguised quite well with makeup. It does not require time off work to recover. Peeling usually lasts from day 3 to day 5 or 6.

Medium depth facial peel

These peels containing trichloroacetic acid (TCA), phenol and croton oil. You will need to **prepare your skin in advance** for these peels with a 3-week course of products to reduce the effects of sun and pigmentary changes. This prepares the skin for the peel and gives a better final result. The peeling is more extensive with a medium depth peel and with this peel, Ms Nugent advises 10 – 14 days off work and social activities. This may coincide well with the recovery period following facelift surgery if your peel is performed as part of comprehensive facial rejuvenation.

Deep facial peel

Ms Nugent does not offer deep facial peels as there is an increased risk of scarring with these, a longer recovery time and some additional risks.

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Post-procedure course

Immediately after the peel, you will experience some redness and irritation of your skin. It is imperative that you protect your skin from the sun after all peels but particularly the medium depth peel. You will be given instructions regarding use of a post peel cream and sunscreen – usually to apply it 3 to 4 times a day, cleaning your face gently before each application. Ms Nugent recommends wearing a wide-brimmed hat to further protect your skin from the sun when outside. **Protecting your skin from the sun is extremely important following a facial peel.**

Peeling begins between days 3 and 4 and lasts up to 2 weeks depending on the depth of the peel. The extent of peeling also depends on the depth of the peel with deeper peels causing more peeling than superficial peels. Your skin will feel tight and a little irritated during this time. It is important not to pick at the peeling skin as this may cause scarring. After the peeling is finished, you will notice that your skin feels smoother and tighter. It may be pink in the beginning, but you will also see an improvement in the appearance of your skin. It will have a smoother and more even appearance and you will have a brighter complexion.

Recovery

The recovery after a superficial peel is complete after about 1 week and no time off work is needed. The recovery period after a medium depth peel is 10 to 14 days and some time off work is recommended to allow for the peeling to settle. Post peel products will be supplied to you to use after a medium depth peel. Please use them exactly as directed.

You may apply makeup after a superficial peel after sunscreen is applied. Ms Nugent recommends using a mineral based makeup. It is best to wait until the peeling has resolved before using makeup after a medium depth peel and again a mineral based makeup is recommended.

Complications

- Redness, irritation and peeling in excess of that expected. These are expected to happen after a peel but occasionally are more extensive or last longer than expected. This will resolve with time and you are advised to continue your post-peel skin care regime until this settles.
- If the peel solution gets into your eyes, it will cause irritation. It must be washed out immediately if this happens.
- Overtreatment. Overtreatment in areas can result in a less even than desired appearance. If this occurs, further treatments with peels to blend away any differences may be needed.
- Hypopigmentation. Occasionally areas of underpigmentation occur following facial peels. Further treatments may be needed if this occurs.
- Hyperpigmentation. Occasionally areas of darker pigmentation occur following facial peels. Further treatments may be needed if this occurs.
- Prolonged swelling. After some peels, you may have mild swelling. Rarely this is more pronounced or lasts longer than expected.
- Telangectasia or petechiae. Rarely with deeper peels, tiny blood vessels become visible in areas of the face and may require further treatment to remove.
- Milia. Tiny whiteheads that can appear in treated skin. They may not need any treatment or sometimes can be treated with a sterile needle in the office.
- Demarcation line where the cut off between treated and untreated skin e.g. at your jawline is visible
- Infection. While your skin is peeling, it is not as protective against infection as usual. If you are worried about infection (cold sores, oozing, discolouration, pain, worsening symptoms, feeling unwell, odour), you will need to contact Ms Nugent immediately so that any treatment needed can be started. Severe infections can affect the result of peels and cause scarring.
- Scarring. This is rare with the peels that Ms Nugent uses. It is usually associated with deeper facial peels or deeper penetration than expected of the peel solution. If it occurs, it can be

difficult to treat. It is vital that you disclose any medical conditions, medications including herbal supplements or any prior skin treatments to Ms Nugent before undergoing any facial peels. Some of these can increase the risk of scarring and may alter the treatment recommended to you.

- Toxicity e.g. cardiac effects. Deeper full-face peels particularly if containing phenol can have cardiac side effects. This risk is normally reduced by allowing sufficient time between the applications of the peel in different areas of the face. If there is a series of pauses during your peel, this is often the reason why.
- Suboptimal result/undertreatment. On occasion, people are disappointed with the outcome of their facial peels. This may be due to a complication being experienced or the result being less than expected. A facial peel can be repeated if there is scope for further improvement but it is important to recognise the limitations of facial peels and when a different treatment or surgery is necessary to achieve the result you desire.

Longevity of procedure

Facial peel results can last for 12 to 18 months depending on the peel performed. Facial peels results can be maintained for longer if your skin is protected from the sun, you do not smoke and with the regular use of medical grade skin care. Both the superficial and medium depth skin peels can be repeated in the future if you wish to do so. The results will depend on the type of peel chosen, your skin type and can vary from person to person.