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Sole Proprietor

## WHAT IS CHEMICAL PEELING?

A chemical peel removes the outer layers of the skin. This freshens the skin, removes some sunspots and rough scaly patches, and reduces freckles and irregular pigmentation. It also reduces fine wrinkles. It is safest and most effective on the face. Hands can be peeled but the risk of scarring is higher and the results less predictable.

## WHO IS SUITABLE?

Anyone who wishes to lighten pigmentation on the face or neck can benefit from a peel. Those known to develop brown discolouration (post-inflammatory hyperpigmentation) after injury should have a test area peeled first before undergoing a full face chemical peel. Scaly patches and rough skin (keratoses) can be removed.

Skin that is thin and fragile e.g. sun-damaged skin, bald scalpskin, can be significantly rejuvenated. Chemical peeling will not tighten sagging skin, stimulate collagen production or remove broken capillaries.

Chemical peeling is not appropriate for people who will continue to have excessive sun exposure.

## WHAT ARE THE COMPLICATIONS?

Scarring can occur with strong acids, but is unusual with weaker ones. The most common causes of scarring are infection, and pulling off the skin before it is ready to peel. Both of these are avoidable. Cold sores can be activated in those prone to this kind of condition. Anti-viral medication can prevent this. Increased pigmentation may occur, and resolves with time. It can be largely prevented by religious use of sunscreen for three months after the peel.

Skin that is thin and fragile e.g. sun-damaged skin, bald scalpskin, can be significantly rejuvenated. Chemical peeling is not a substitute for a facelift. It does not tighten sagging skin, stimulate collagen production or remove broken capillaries.

Chemical peeling is not appropriate for people who will continue to have excessive sun exposure.

## WHAT IS THE PROCEDURE?

The skin may have had preparation with Vitamin A, Alpha Hydroxy Acid or other preparations. The skin is thoroughly cleansed.

The acid is then painted onto the face and monitored. If burning or stinging is a problem, a cold pack may be helpful.

## WHAT HAPPENS AFTERWARDS?

The skin may go red and swell over the next 24 hours. Once the initial burning has worn off the skin may feel tight. Over the next few days the skin may dry and look like a brownish leather. Vaseline should be applied several times a day to prevent cracking.

The skin will begin to peel between 5 and 7 days later, and must be left to come off at its own pace. As soon as the skin has healed, make up may be applied over the new, pink skin. Sometimes a secondary peel occurs during the second week in the form of dry scaling skin.

Sunscreen is mandatory for at least three months, and moisturisers are helpful. Chemical peeling can be repeated after three months, but this is not usually necessary. It can be repeated at any time in the future and will not harm the skin.