

WHAT IS A CHEMICAL PEEL TREATMENT?

It's a medical peel treatment based on trichloroacetic acid, which is formulated to intensify skin exfoliation, remove hyperpigmentation and smooth wrinkles.

In the healing process that follows, new collagen, elastin and hyaluronic acid are formed, and these skin building blocks are redistributed.

After the therapy, the skin is brighter, evenly coloured, free of pigment spots, rejuvenated, with smaller pores and more radiant, tighter and better toned.

WHICH PEELS DO WE PERFORM?

TCA peels with trichloroacetic acid, which, depending on the concentration, work at medium or deep depth. They are suitable for removing hyperpigmentation and smoothing wrinkles.

HOW IS THE TREATMENT PERFORMED?

Any systemic retinoids (six months), topical retinoids (one week), tetracycline antibiotics (one month) should be discontinued in time before the procedure. Hair colouring, waxing and epilation or microdermabrasion in the treatment area are prohibited for a week before the procedure. The day before the procedure, you must not shave again. The skin must not be tanned or damaged. Contact lenses must be removed before the procedure. After the TCA peel, you will receive instructions on how to proceed and how to apply the recovery cream and sunscreen.

HOW MANY REPETITIONS ARE NECESSARY?

TCA peels are performed in autumn/winter. A series of several peel treatments are recommended in order to achieve better results. The intervals depend on the product being used; it is usually one month.

THE SUCCESS OF THE PROCEDURE

After the first treatment, the effect is visible and intensifies with repeated treatments.

CONTRAINDICATIONS OR FOR WHOM IS THE PROCEDURE NOT SUITABLE?

The procedure is not suitable for pregnant women, women who are breastfeeding, allergic to the ingredients of the peel, vitiligo, active inflammation or infection of the skin (herpes...), systemic connective skin diseases, retinoid use, keloid scarring, untreated systemic diseases (e.g. diabetes, thyroid problems, carcinoma...). The procedure is not carried out on the eyelids.

SIDE EFFECTS AND COMPLICATIONS

Pronounced redness is expected; on the third to fourth day, tanning and cracking of the skin occurs, followed by pronounced peeling in patches. Transient tightening, stinging, itching, tenderness, burning and swelling of the skin may occur and resolve within 10 days. Exceptionally, TCA peels can cause an outbreak of herpes. If not properly cared for after the procedure, infection, crusts or scars and uneven skin colouring can occur.

POST-PROCEDURE INSTRUCTIONS

Seven days after the procedure, the skin is more sensitive to external stimuli, so it is advisable to use special recovery creams that moisturise, antioxidant and soothe the skin. No make-up should be applied for a week after the TCA peel.

For a month and a half after the procedure, you should take care to protect yourself from the sun with sunscreens or powder foundations (SPF50+), cover-ups and avoid direct sun exposure. The use of a solarium is prohibited.

For a week after the procedure, contact with people who are not familiar with the procedure and

duration of skin renewal after the treatment should be avoided to avoid comments and pressure about the decision to have the skin renewal procedure. Temporary changes occurring after a peel treatment are not skin burns, as is often assumed.

You can generally return to work or your daily activities in 8–15 days.

Prior to the examination, you must also fill out the Informed Consent form together with the doctor as regulated by the Patient Rights Act and the Doctor's Duty to Obtain an Informed Consent. The rules for filling out the form and the statement are presented upon your arrival at our institution.

IF YOU HAVE ANY QUESTIONS REGARDING THIS BROCHURE, PLEASE CONTACT US FOR FURTHER INFORMATION.

We will take care of your health and well-being to the best of our ability. Thank you for your confidence in us.

Prepared by:

Janja Šmid Vauhnik, MD, Dermatovenerology Specialist