

The uRepublic Guide to Chemical Peels

The combined effects of sun exposure, environmental pollutants and a sluggish metabolism can damage our skin and make us look older. Certain skin conditions such as active acne, blotchy pigmentation can also be improved with chemical peels. Chemical peels are non-invasive and designed to promote cell turnover and growth for that healthy and more youthful looking skin.

How does it work?

Chemical peels involve applying one or more exfoliating agents to gently remove the outer layers of the skin after which the skin will regenerate. This results in a healthier, smoother, clearer complexion.

We use a range of chemical peel ingredients to achieve the best possible outcome. Alpha- and beta- hydroxy acids are fruit acids that include commonly used peels such as glycolic, salicylic and lactic acids. These are light or “lunch hour” peels and are the mildest of the chemical peels. They burn off only the outer layers of the skin to smooth out fine wrinkles and rough, dry skin. Other peel ingredients used include trichloroacetic acid (TCA) and retinoic acid.

Chemical peels may also be used to improve the texture of sun-damaged skin, balance skin pigmentation or diminish some types of non-textural acne scars. They are usually repeated to achieve the desired results and commence with a light treatment and build in strength as the skin's tolerance to the peels improves.

What can AHA Chemical Peels do for me?

Here are some of the conditions that can benefit from AHA chemical peels:

- Fine wrinkling
- Active acne
- Oily skin/enlarged pores
- Uneven pigmentation
- Hyper (increased) – pigmentation
- Sun damaged skin
- Rough dry skin

What does the procedure involve?

An initial assessment takes place where the practitioner examines the skin and discusses your skin regime. This allows them to build your treatment plan and discuss the process with you.

The area to be treated is then thoroughly cleansed. Next, the peel solution or a combination of solutions is applied gently with a cotton bud and after a short wait is removed. It's as simple as that; the entire procedure takes about 45 minutes and up to six peels are recommended for best results.

What happens after treatment?

Temporary dryness, scaling and discoloration (in the form of a faint pink or brown tone) may occur following the AHA treatment. These side effects are quite mild and should not restrict you from going about your daily activities. In order to help the healing process, it is important to protect the skin from sun exposure with an SPF 30+ sunblock.

It is also important to keep the skin moist. A mild cleanser followed immediately with a gentle moisturiser is recommended.

What are the unwanted side effects of AHA Chemical Peels?

Stinging, redness, dryness and mild skin irritations can be experienced after chemical peels and usually resolve quite quickly.

It is possible, although rare, to develop hyperpigmentation (increased skin colour) or hypopigmentation (decreased skin colour). Crusting of the skin sometimes occurs.

Is everyone suitable for AHA Chemical Peels?

We do not treat:

- Pregnant or breast-feeding women
- Patients currently taking isotretinoin (or within the last 6 months)
- Some darker skin types are unsuitable for treatment but this can be ascertained at the time of consultation
- Patients allergic or sensitive to peel ingredients

What Peel and Skincare products are used at uRepublic?

Dr Lim has reviewed the spectrum of products available in the Cosmetic Dermatology marketplace and considers the Rationale range of Cosmeceuticals appropriate for his patients.

This range is only available from Dermatologists, Plastic Surgeons and Cosmetic Physicians and requires some patient assessment and education prior to their use because of the strength of the active ingredients.

Our chemical peels are exclusively from this Australian developed and owned Company and we invite you to look at the entire range at www.rationaleskincare.com.