

# Andrea Ubhi Dental

## **Chemical Peeling Procedures:**

As we age, the process of cellular skin turnover begins to slow down. Our skin may become dull and shows fewer complexions. Dark blotches, fine lines and other signs of sun-damage and aging begin to appear. Today, new techniques and technologies in chemical peeling offer safe and effective ways to improve the texture and bring back the youthful look on the skin.

## **What is chemical peeling?**

Chemical peeling is simply a process whereby a special chemical solution is applied to the skin to remove dead skin cells and stimulate the production of new skin cells. It tightens the skin, reduces wrinkling and restores a more youthful appearance.

## **Are there different types of peels?**

There are many different peels and they are all not alike in terms of their effectiveness or side effects. Fruit acid peels, for example, are the mildest but least effective. For best results the skin is prepared with a skin-conditioning program using special creams for one to two months before the procedure.

Medium and deep peels, to achieve the best and longer lasting results, can result in transient swelling and blisters that break open forming a crust and turning brown, followed by peeling which can last up to two weeks. It is very important that special ointments and creams should be applied to keep the skin moist and help the new forming rejuvenated skin. At first the new skin may have the colour of severe sunburn. This will gradually fade to pink over the next several weeks. Cosmetics can be applied after about one to two weeks. Following this chemical peel, your new skin will be tighter, younger, smoother and slightly lighter colour than it was before treatment.

## **What will happen on my consultation appointment?**

During your consultation with Dr Dalati, you will be advised on what kind of skin you have (thick, thin, oily, dry, sensitive or fragile or tolerant). Most

23 Stonegate, York YO1 8AW  
01904 639667  
info@andreaubhi.com

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importantly, Dr Dalati will need to know how your skin usually reacts to sun: does it burn easily such as white skin or does it tan such as olive colour skin.

Once you have your skin type classified, Dr Dalati would then help you to determine what the cosmetic imperfections you want to address are. For example, if the problem is caused by dark spots and pigmentation a medium peel could be the most appropriate method of treatment and requires very little down time. Should the problem be that of a leathery and wrinkled sun damaged skin, a deep chemical peel using a strong acid (possibly with sedation) such as the deep TCA peel is the most effective. Sometimes, you might still need Botox and Dermal Fillers treatment to address all your concerns.

## **Are there any medical conditions that may prevent me having a chemical peel?**

At your consultation session, Dr Dalati should discuss with you the level of skin improvement you hope to achieve and then review your medical history and examine your skin type and pigmentation to determine if you are a good candidate for a chemical peel and what kind is most appropriate for your skin type, skin condition, budget and the available down time/ time off work etc. Together you can evaluate the advantages and disadvantages of the different types of chemical peels, discuss your options, your expectations and determine the best treatment for you.

## **What conditions chemical peel would improve?**

Chemical peels may help in the treatment and improvement of a large number of skin conditions. That might include:

1. Fine lines and wrinkles
2. Un-even pigmentations
3. Shallow acne scars
4. Sun-damaged skin
5. Age spots
6. Freckling
7. Small skin lesions

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It should be noted, however, that a chemical peel is not a substitute for a facelift. You might need a number of applications to achieve the desired results. Chemical peel on its own can not eliminate excessive or lax skin. Unlike laser peels, chemical peels can be performed on the face, neck, chest, hands and even the arms and legs. Other treatments such as dermal fillers and Botox application could be combined if need be.

## **Is chemical peeling a painful procedure?**

Chemical peels are very similar to sub-burns. Superficial ones would be associated with very mild side-effects while deeper ones would have some run-down time associated with it before you start realising the great desirable effects of such treatments. Sedation for deeper peels is frequently used to keep you comfortable during the peeling operation which usually lasts for few minutes only. Special creams (skin-care treatment program) would be advised upon later in order to speed up the rejuvenation procedure and keep the new forming skin moisturised and nourished.

## **How is peeling normally performed?**

Most peels, no matter the type, are performed in nearly the same way. Dr Dalati would begin your peel by cleansing your skin to remove all oils, dirt and soap traces. Your hair will also be moved out of the way. Then, the chemical is carefully applied to the appropriate areas using a swab applicator.

The entire procedure usually takes between 10-30 minutes depending upon the extent and type of peel used.

## **Are there any complications associated to peeling?**

Like all procedures, chemical peels involve some level of risk. While severe complications are extremely unusual, you should discuss the risks and possible side effects with Dr Dalati. Patients with a history of cold sores or previous treatment for acne using substances like Isotretinoin (Roaccutane/ Acutane) – a concentrated form of a Vitamin A derivative - need to make Dr Dalati aware of that as they would need to be placed on prophylactic antiviral drugs for ten days during the healing phase.

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By carefully following the instructions and skin-care treatment program after the procedure you will insure and greatly speed up proper healing and minimize possible complications.

## **Can I sunbathe after my skin peeling process?**

Following any skin peel, it is important that you avoid any direct exposure to the sun. You should always remember that your new skin is very sensitive and susceptible to injury. Always apply a wide spectrum (UVA and UVB blocking) broad-spectrum sun block of at least SPF 15 twenty minutes before you go outside. Dr Dalati would be always happy to advise you on the best cream to use for your condition.

## **Can I put make-up after my skin peeling process?**

Following your skin peel, it is important to remember that your new skin is very sensitive and susceptible to injury. It is advisable, therefore, to avoid putting make-up to the recently treated skin until peeling is complete. Encouraging peeling by removing the peeled skin by hand is not advocated.

## **Can chemical peels improve my acne and its scars appearance?**

Superficial chemical peels that are done by beauticians are not effective in treating acne scars. Deeper BHA/ TCA peels (a strong acid is applied to the scared skin so that new skin is forced out) are more effective in treating these scars and in improving the permanent colour changes that are usually seen in Asian and Middle Eastern skin types. The face usually requires 1-2 weeks to heal and the results are promising. Other procedures could be combined with chemical peels in order to improve the scar treatment results such as dermal fillers.

There are many types of dermal fillers that can be injected into acne scars to raise the surface of the skin and give a smoother look.

Hyaluronic acid derivatives are now the most popular artificial fillers. The injection of these materials does not permanently correct acne scars, so further injections are necessary to maintain that improved look.

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## **How often do I need to re-peel my skin?**

Every condition to be treated is different than the other. Dr Dalati would advise you on the needed treatment session to achieve your desired results. In most cases, chemical peels would need to be repeated twice a year and then average number of applications for each treatment ranges between 2-4 applications.

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