

## Skin Care

### Faeza Kazmier, M.D.

Glycolic, lactate, and salicylic acid peels

Chemical peel uses a chemical solution to improve and smooth the texture of the facial skin by removing its damaged outer layers. It is helpful for those individuals with facial blemishes, wrinkles and uneven skin pigmentation.



Alphahydroxy acids (AHAs), such as glycolic, lactic, or fruit acids are the mildest of the peel formulas and produce light peels. These types of peels can provide smoother, brighter-looking skin for people who can't spare the time to recover from a phenol or TCA peel. AHA peels may be used to treat fine wrinkling, areas of dryness, uneven pigmentation and acne. Various concentrations of an AHA may be applied weekly or at longer intervals to obtain the best result. Your doctor will make this decision during your consultation and as the treatment proceeds. An alphahydroxy acid, such as glycolic acid, can also be mixed with a facial wash or cream in lesser concentrations as part of a daily skin-care regimen to improve the skin's texture.

Trichloroacetic acid (TCA) can be used in many concentrations, but it is most commonly used for medium-depth peeling. Fine surface wrinkles, superficial blemishes and pigment problems are commonly treated with TCA. The results of TCA peel are usually less dramatic than and not as long-lasting as those of a phenol peel. In fact, more than one TCA peel may be needed to achieve the desired result. The recovery from a TCA peel is usually shorter than with a phenol peel.

All chemical peels carry some uncertainty and risk. Chemical peel is normally a safe procedure when it is performed by a qualified, experienced plastic surgeon.

With a TCA peel, your healed skin will be able to produce pigment as always; the peel will not bleach the skin. However, TCA-peel patients are advised to avoid sun exposure for several months after treatment to protect the newly formed layers of skin.

Alphahydroxy acids (AHAs) smooth rough, dry skin, improve texture of sun-damaged skin, and aid in control of acne. They can be mixed with bleaching agent to correct pigment problems and can be used as TCA pre-treatment. Things to consider are that a series of peels may be needed and as with most peel treatments, sunblock use is recommended. Trichloroacetic acid (TCA) peels are used to smooth out fine surface wrinkles, remove superficial blemishes, corrects pigment problems. Things to consider are that they can be used on neck or other body areas, may require pre-treatment with Retin-A or AHA creams but treatment takes only 10-15 minutes. They are preferred for darker-skinned patient and the peel depth can be adjusted. Repeat treatment may be needed to maintain results. Sunblock must be used for several months.

**Obagi Nu-Derm System:**

This system is a daily system that helps to develop and maintain healthy skin in between topical peel treatments and is a great way to "jump start" your skin.

**The Obagi Blue Peel:**

This is formulated by Obagi and is a TCA peel that provides consistency in depth of peeling and can be done in the office.

**Laser resurfacing:**

In laser skin resurfacing a laser is used to remove areas of damaged or wrinkled skin, layer by layer. The procedure is most commonly used to minimize the appearance of fine lines, especially around the mouth and the eyes. However, it is also effective in treating facial scars or areas of uneven pigmentation. Laser resurfacing may be performed on the whole face or in specific regions. Often, the procedure is done in conjunction with another cosmetic operation, such as a facelift or eyelid surgery, while one is under anesthesia.