

1. Introduction

Why Peels?

The Skin

References

2. Classification of Peels

How Not to Define a Peeling Agent

How to Define a Peeling Agent on a More Anatomical Scale

Reference

3. Consultation: How and When to Recommend Peels

The Consultation

Talking about Peels

Patient Concerns about Peels

Protocols

Reference

4. Patient Journey: Steps Leading to and from the Peel

Stages for Each Treatment Type

Consenting and Aftercare

What Should You Do after a Superficial Peel Procedure?

Consent for Treatment with a Phenol (Deep) Peel

General Sun (UV) Damage Advice – Why Our Skin Ages Prematurely

This Peel Is a Serious *Medical* Procedure and Not a 'Beauty' Procedure

After Your Peel

You Must Have Realistic Expectations of This Procedure

Non-serious Side Effects

Preparation before Your Peel Is key to Success

Medication

Your Phenol Peel 'Treatment Journey'

References

5. Skin Prep

An Ideal Skincare Routine

Ingredients

The Fingertip Unit

References

6. Investigations and Peri-Operative Measures

Reference

7. Peeling Procedures

AHA and BHA Peels

TCA

Phenol

Day One Review

Day Three Review

Two-Week Review

Three-Month Review

Six-Month Review

References

8. Body Procedures

Neck and Decolletage

Back of the Hands

Striae

References

9. A Special Note on Some Common Skin Conditions

Sun Damage and Lentigines

Acne

Rosacea

Post-Inflammatory Hyperpigmentation

Melasma

References

10. Mosaic Peels

Medium TCA Peel

Lower Eyelid Phenol Peel

Upper Eyelid Phenol Peel

Upper Lip Phenol Peel

Lower Lip and Chin Phenol Peel

Reference

11. Aftercare

AHA-BHA Peel Aftercare

Superficial TCA Aftercare

Medium TCA Aftercare

Phenol Peel Aftercare

Mosaic Peel Aftercare

Reference

12. Complications

Poor or Insufficient Result

Prolonged Downtime

Post-Inflammatory Hyperpigmentation

Uneven Result

Prolonged Erythema

Rebound Pigmentation

Herpes Simplex

Bacterial Infections

Scarring

References

Conclusion

Index