

EASY TCA PEELS

Chemical peeling uses a chemical solution in order to improve the skin's appearance. It can reduce or eliminate fine lines under the eyes and around the mouth, correct uneven skin pigmentation, treat acne and soften the appearance of scars caused by acne. The procedure can also reduce the appearance of wrinkles caused by sun damage as well as skin blemishes common with age. Chemical peels can be performed on the face, neck, hands, and all other body areas.

What is TCA?

Trichloroacetic acid (TCA) is a highly effective medium depth peel and can be successful in the effective treatment of:

- Reduction of smooth fine surface wrinkles
- Reduction of superficial blemishes
- Correction of pigment problems
- Reduction of Acne/Acne Scarring

Anaesthesia is not required for TCA peels. It is applied in four weekly sessions. Two or more courses of TCA peels may be required to obtain the desired improvements. There is no down time and you can carry on with your activities as normal.

TCA Peel patients are advised to avoid sun exposure and to use a sun protection cream (minimum SPF 30) for several weeks following treatment. Failure to comply with this recommendation may produce some unintended colour changes in the skin.

Skin Preparation may be required on those with darker skin and hyperpigmented areas. This involves using a bleach and blend cream two weeks prior to TCA Peels. People with Active Acne also require skin preparation with the purifying cream two weeks prior to TCA Peels.

How Is Treatment Administered?

The procedure involves a chemical solution that is applied to the skin. The solution causes the layer of skin to separate and peel off. The new regenerated skin underneath is usually smoother, less wrinkled and more even in both tone and colour than the old skin.

How Long Will the Treatment Take?

Typically the skin is first thoroughly cleansed. Then the practitioner will carefully apply the TCA solution. You may feel a slight stinging sensation as the peel solution is applied, but the feeling will quickly pass once the practitioner applies the post-peel cream, which you leave on until the next morning.

A full face TCA peel usually takes no more than 15 - 30 minutes

How Can I Find Out If I Am A Candidate For Treatment?

If you would like to learn more about available cosmetic options, and find out if TCA peel treatment might work for you, please call and arrange an appointment for a free consultation with Nurse Mary Cullen-Sheehan.

Are There Any Medical Exclusions?

Pregnant or breastfeeding women should not have this treatment. If you have a history of cold sores, you should inform Dr Buckley prior to the procedure. You may be better suited to an alternative treatment or product. Dr Buckley will review your medical history with you during your initial consultation prior to administering any treatment.

During your initial consultation it is important that you discuss your expectations with the treatment practitioner. Don't hesitate to ask any questions or express any concerns that you may have. You will be able to ask any treatment related questions and the practitioner will explain the planned procedure in detail, including the risks and benefits, the recovery period, and the costs.

Possible Side Effects

All products have a potential for allergic reactions. It is Important that you inform the practitioner of any allergies you may have.

Transient reactions may include redness to the skin, itchiness, dryness and in some cases swelling.

It is common for most patients to experience transient hyperpigmentation. This will settle during the course of treatments and with use of the appropriate treatment creams and sun protection.

Although very rare, there may be in some cases a risk of blistering.

Expected Reactions Immediately Following A Peel

- Slight redness.
- Increased feeling of heat in the skin being treated.
- Occasionally you may experience an itchy feeling.

Expected Treatment Outcomes

Day 1. Immediately post peel you leave the clinic with the post peel mask applied. This is translucent and non-oily. The skin will look slightly red for a couple of hours and will generally feel comfortable. You should not touch the skin, and do not apply any creams or use water on the face until next morning. Avoid extremes of heat exposure and sun exposure.

Day 2. The skin will begin to feel tight. Wash the face with the cleansing foam, and the treatment creams recommended should be applied morning and night. Sun protection of at least Factor 25 should be applied.

Day 3. Some pigmentation change or peel may be noticed at this stage as the skin begins to dry and may start to flake. The treatment creams recommended should be used at least twice daily.

Days 4-7. The peeling eases and the healing process takes place. You should continue with the recommended creams and sun protection.

You should not attempt to peel or pick off the skin or use abrasives, scrub creams or products containing AHA's or retinol.

Day 8. You return to the clinic for the next treatment.

The complete course is ten weeks, 4 weeks of peels once a week and 6 weeks of skin regeneration using the home treatment pack you will be given. In some cases you will be given a home treatment pack for two weeks prior to the first Easy TCA Peel.

Prices: Complete treatment pack includes:

- 4 weekly peels in the clinic using the Easy TCA Peel.
 - 1 bottle cleansing foam
 - One tube of an appropriate home treatment cream
- TOTAL: €725

Individual prices:

- Cleansing foam €41
- Acne purifying cream €52
- Blending and Bleaching cream €58
- Actilift €69