Preface Author biography 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

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

Consenting and Aftercare

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