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LIFTING THE FACE

Experts share their techniques for rejuvenating the ageing face

- **Thread lifts**
Avoiding scarring for darker skin
- **Combination therapy**
Fillers, toxins, PRP and lasers

Appealing results

Dr Zein Obagi discusses proper use of peeling agents to promote healthy skin

Peels are still one of the most effective ways to treat signs of ageing, discolouration and UV damage. The intensity of the peel directly relates to the improvement the patient will see and the downtime and irritation they will feel post-peel. Depending on the patient's time demands, you can also recommend at-home peels for a slower, yet cumulative effect.

Peels can be used to correct and reduce conditions of weakened skin such as damaged skin surface, pigmentation, uneven texture, lines and wrinkles. Not only will peels reverse these conditions, they will increase the overall health of the skin.

Traditional chemical peels offer no stimulation. To make a difference, peels must go deep. They work best for skin tightening, while laser rejuvenation including Fraxel is superior for improving skin texture such as wrinkles and scars. Peels also better reach and reverse deep pigmentation issues.

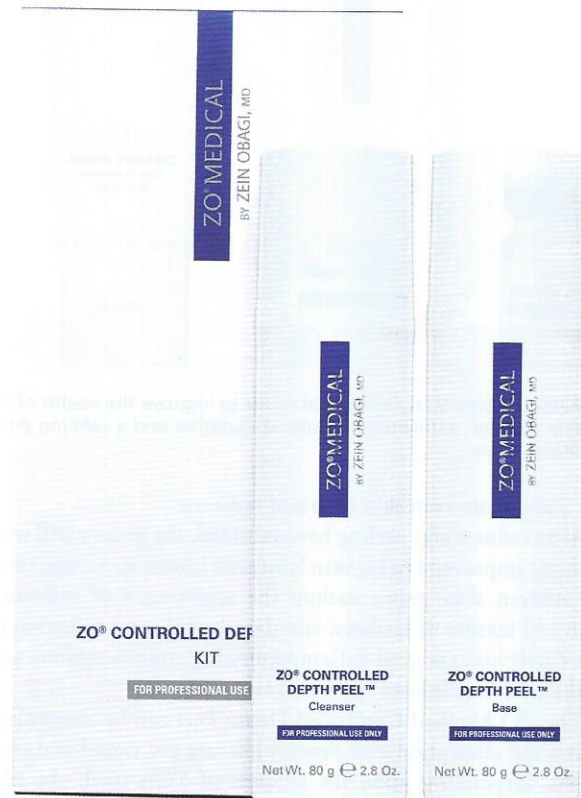
It has been said that scar prevention and seamless wound healing is the holy grail of medical aesthetics, and proper skin conditioning during the perioperative period can stave off scarring. This includes applying retinoic acid for 20 days after suture removal.

It is essential to develop a strategy that prevents keloid and hypertrophic scars from forming in the first place. This requires a strong offense. Use of topical agents and exfoliation, steroid injections before surgery, and treatment with the flashlamp pulsed dye (FLPD) laser can prevent early fibrosis.

These clear steps provide any doctor who works with the skin with the tools and straightforward algorithms to identify and treat existing skin issues and maintain the improvement of patients' skin over time.

ZO Medical Controlled Depth Peel

My new ZO Medical Controlled Depth Peel utilises trichloroacetic acid (TCA) at a 30% concentration buffered to 20% or 26% to treat a variety of skin conditions including acne, wrinkles,



The ZO Medical Controlled Depth Peel can treat a variety of skin conditions

including wrinkles, fine lines, pigmentation disorders like melasma and sun damage.

When TCA is applied to the skin, it causes surface skin cells to dehydrate—and then peel off—over a period of four to 10 days. When the surface skin peels away, it exposes a new layer of undamaged skin, which has a smoother texture, improved firm-



Before and two weeks after the ZO 3 Step Peel



Before and four weeks after the ZO Controlled Depth Peel



ZO Medical 3-Step Stimulation Peel works to improve the health of facial skin through exfoliation, cellular stimulation and a calming post-treatment cream

ness and a more even skin tone and radiance.

After redness and peeling have subsided, the patient will see a dramatic improvement in: skin firmness, brown spots, age spots and uneven skin pigmentation; the appearance of melasma; improved texture of leathery, sun damaged skin; a reduction of acne conditions and post-inflammatory hyperpigmentation; and a reduction in fine lines and wrinkles.

The ZO Medical Controlled Depth Peel can be customised so that the absorption and penetration rate are varied and controlled. Depending upon the amount of TCA used, the peel can penetrate just the epidermis, or deeper into the dermis for a mild, moderate, or aggressive peel.

To mix the peel, you add 30% TCA (not included in the kit) to the ZO Controlled Depth Peel Base, which is pH balanced. Enriched with skin lipid supplements, skin redness modulators, and antioxidants, the base minimises skin redness, replenishes skin barrier function, and minimises newly exposed skin cells from post-peel damaging oxidative stress. The peel has a blue tint to it, and is applied in layers, depending upon the desired intensity. The peel does not have to be neutralised after application.

Immediately afterwards, the cleanser is applied to lift any residue left on the skin following application of the base. This foaming cleanser contains a beta-hydroxy acid exfoliant that provides secondary removal of any remaining dead surface skin cells. In addition, vitamin B3-niacinamide penetrates the upper layers of skin to help aid the skin's natural cellular renewal processes that accelerate creation of new skin cells and help maintain healthy skin for your patients.

For best results, pre-conditioning the skin prior to the application of the peel will improve skin health as well as accelerate post-peel healing. It is important not to peel skin that has not been prepared properly. If the skin is sensitive or dehydrated, it is not ready to be peeled.

I recommend having the patient use ZO Basic Skin Conditioning System for three to four weeks before having the ZO Medical Controlled Depth Peel. The skin must be ready to tolerate the peel safely. Using retinol or retinoids consistently will

help strengthen the skin to improve barrier function.

My new ZO Medical 3-Step Stimulation Peel works to improve the health of facial skin through exfoliation, cellular stimulation and a calming post-treatment cream—with little to no downtime. This is a highly effective treatment for many of the signs of skin ageing, including melasma, photo damage, fine lines, uneven texture, large pores, dullness, and acne.

Three steps

The first step is the peel itself, which is formulated to remove the outermost layer of skin. Composed of salicylic acid (17%), trichloroacetic acid (10%) and lactic acid (5%), it also contains saponins to minimise inflammation and glycerin for hydration.

Step two is application of the Stimulating 6% Retinol Creme. Applied after the peel solution, the cream works to stimulate cellular function at a deep skin level. The results include collagen enhancement as well as firming and wrinkle reduction. Step three refers to the application of the Calming Crème-Post Procedure Skin Relief. This cream works to minimise inflammation and irritation that may result from the first two steps, as well as restore the moisture balance of the skin. The patient can take the cream home to apply twice daily following the treatment to speed the healing process.

Post treatment peeling is mild in many cases, as most of the dead cells are removed by the twice daily washing following the peel. There is minimal or no downtime with this peel, and the patient's skin will look healthier rapidly. The 3-Step Stimulation Peel is suitable for any skin type or colour, and I recommend preconditioning the skin with a retinol regime.

My new philosophy promotes epidermal stabilisation to increase skin tolerance and natural resistance to ultraviolet light, and to suppress inflammation plus physical blockers and externally applied natural melanin. Physical blockers offer short-term protection, and the melanin protects skin for six to eight hours.

Melanin has staying power because it does not get sweated, washed, or rubbed off like sunscreens and blockers. My ZO Skin Health Oclipse Sunscreen + Primer SPF30 was developed with two different physical sunscreens plus melanin to address optimum UV protection.

Dr Zein Obagi, is a consultant dermatologist and ZO Skin Health Inc. founder

ZO SKIN HEALTH SYMPOSIUM

This June London will be host for the first ZO Skin Health European Symposium. Using the world renowned FACE Conference and Exhibition as the setting, we hope that you are all able to enjoy learning the philosophy and the methods of achieving optimum Skin Health.

With a focus on the art and science of skin treatments and rejuvenation, the symposium will cover the science of how to restore skin health, cellular activity and function, and how to improve the skin's ability to tolerate any procedure.

This is a unique forum for industry leaders to introduce their latest research, breakthroughs and advances in the science of skin care and health.

Please join Dr Zein Obagi and our esteemed faculty for this exclusive and informative symposium taking place at the heart of the aesthetic industry in the UK. To book your place, call 020 7514 5989 or go to the FACE conference website faceconference.com and register for the Saturday Exhibition and Workshop Pass.