

# Xavier G. Medical Aesthetix Ltd. Medical Skin (Chemical) Peels

Xavier G. Medi Spa, 25 Queens terrace, Southampton SO14 3BQ Tel: 02380 637638

One of our patients (“Mrs B”) recently kept a fantastically detailed and very useful diary about her experience of having a medium-depth skin peel and she offered to share it with our website readers to help de-mystify some of the myths that exist about skin peels and also explain what it is like to have one.

Mrs B explains *“I am extremely pleased with the results”* and we hope you find her 10-day experience, written in her own words, both interesting and useful.

## “My TCA Peel Diary”

### DAY 1

I walked into Xavier G Medi Spa feeling both nervous and excited. Always, the thought of the unknown is worse than the actual experience, and I was really looking forward to the final outcome of my peel. The team were amazing and put my mind at ease, without falsehoods! ‘Yes, the peel did hurt, but it was a manageable pain’ they explained and Dr Xavier is in control at all times.

Approximately half an hour before my appointment I was given a pain-killing tablet by Dr Xavier, after he had spent a few minutes talking to me about what pain medication I could take. I was then given my second cup of tea (everything seems better with tea ☺), and I relaxed until my appointment time.

On entering Dr Xavier’s office, his friendly nature put me at ease, and he explained exactly what was happening at every stage. After relaxing on the couch, my face was cleansed with alcohol and then acetone and Tracy held the fan to blow away the fumes, which are quite strong.....OFF WE GO.

Dr Xavier explained that he would probably use three layers of the peel, and would wait after each one until the sensation had subsided. The first layer went on and was done in sections, my forehead being first, cheeks next and then around the mouth. It definitely stings and the best way I could describe it is that, at its worst, the sensation is similar to the immediate feelings you get after you burn yourself with an iron. It builds to a crescendo and then calms down. Dr Xavier seemed to wait after each section of the face was done for the sensation to calm. Tracy was brilliant and held a fan on me at all times, which helped tremendously.

Then came layer two, and this stings a little more, and again, the fan made a huge difference. Layer three goes on and then Dr Xavier did a final layer to blend in the edges. Only one layer was done on my eyelids and throat area. I was given a gel and told not to do anything other than apply the gel twice a day. Water can be splashed quickly on the face after day three if needed. Dr Xavier and his team explained full aftercare. Probably, one of the most important things explained was not to pick at the peeling skin as this could lead to scarring.

As stated, it did hurt, but was a manageable pain, and knowing that it was carefully watched and controlled by Dr Xavier helped me to relax and bear it for the duration of the peel. If you can, joking helps, or thinking of something totally different and controlling your mind to go in the opposite direction to the pain. Once the peel is finished, the stinging goes and that is it as far as discomfort is concerned. Again, I was given a drink (in my case tea) and relaxed for half an hour before leaving the spa.

Due to home caring responsibilities, I had arranged to be away for five days after the peel and hired a caravan about twenty minutes out of Southampton. I drove back there and relaxed for the evening.

My face looked very red at this point, similar to a day spent in the sun with no sunscreen. There was no pain after the peel was finished, and the first picture was taken at the clinic immediately after the peel



First evening. Quite red and shrivelled. No soreness at all.

## DAY 2

Today my face feels very taught and the colour has changed from red to brown.



The colour is patchy although there has been no peeling at this point and the shrivelled appearance is much less today. I am still applying the gel as directed and there is no discomfort other than the skin feeling quite tight.

## DAY 3

Well, not a lot of difference today. Still a dark brown colour, similar to a very strong suntan but slightly patchy, maybe the darker parts will peel the most. The shrivelled effect has almost completely gone now.



For me, the worst part is not going out and about, but I'm getting a lot of reading done. Hope the peeling starts tomorrow.

8pm Day 3...my face is just getting tighter and tighter. Any movement is pulling the skin and so I hope that it is about ready to peel. I am finding that being on my own is much better as you can keep your face quite still as any strong expression pulls on the skin. Best not to watch a comedy film!

#### DAY 4

Today I feel really fed up even though I know it will be worth it in the end. The weather is beautiful, which means it is more important that I stay indoors. I am still using the gel at least twice a day and YIPPEE>>>>>>I have a tiny area starting to peel, right at the corner of my mouth.

My face feels like it has a tight mask on, so roll on the rest of the peeling.



Slight peel at corner of mouth and shrivelled again.....☹

By late afternoon, the skin around my mouth was peeling in earnest and felt itchy. The skin was pulling and almost tickling my lips where it was flapping. The shrivelled look had returned and I looked 20 years older.



## DAY 5

Well, today is definitely not my prettiest day!!



Peeling has now started around the nose area as well, and the whole area feels strange and itchy, but there is absolutely no soreness. I am hoping a lot of peeling happens today, as I need to drive home tomorrow and get petrol, which may give people a fright.....

The skin beneath the peeled skin looks very fresh and I am aware that I must protect it with a high factor UVA/UVB sunscreen forever, even when there is no sun.

I actually decided to drive home tonight, as it is forecast to be extremely hot tomorrow. Who would have expected 28 degrees on 1<sup>st</sup> October? I think it will be safer than having the sun pounding through the car window for 3 hours.

## DAY 6

Well, back home and my children were a bit worried by the look until I explained. I had to get petrol on the way home and the person in the garage thought I had done too much sunbathing.....☺

Today the peeling is significant. My mouth has almost finished peeling and my neck, nose and cheeks are well underway.



My neck is itching like crazy and it is so difficult not to scratch. I took an antihistamine and that has helped with the irritation.

My skin looks very fresh, but there doesn't seem to be any improvement yet in fine wrinkles, although I know this could take a while before I see the full improvement.

## DAY 7



Well, as you see, the mouth area has completely peeled and my nose has a lot of flakes of dead skin. My forehead has started to peel, but the cheek area seems quite stubborn.

As the day progressed, my eyelids became quite flaky but cheeks are still being very stubborn. I have taken another antihistamine as the irritation this morning was again bothering me. I think I am a slow peeler as I expected to be almost completely done by day 7. I think it might be another two days before my cheeks finish shedding.

## DAY 8

Well, not much different to report. My forehead has virtually finished peeling now. There are just some flakes around my eyebrows and it is very tempting to help them along, but I am resisting.

My neck also just has a few flakes around the side, but the cheeks still have a good way to go. It will be good to clean my face properly again without having to worry about catching loose skin. I am still just throwing clear water on it twice a day before putting on the gel.



## DAY 9

I am still peeling and there is still a lot of brown skin on my cheeks. As I haven't been out, other than driving home, it is getting frustrating. I hope by tomorrow this will all be gone.



As you can see, the skin underneath is quite pink, but looks very fresh and I am beginning to see where the improvements might be.

Later this afternoon, I was peeling quite quickly. I think the healing process was coming to an end and the skin was dropping off in large pieces. I feel relieved and happy that tomorrow I might feel able to go out for some exercise.

## DAY 10

I feel happy and relieved as the last of the dead skin remained on my pillow this morning. My face looks fresh and clear and I felt able to use a gentle cleanser this morning, which felt great!



Although I know it is early days, there is definitely an improvement around my eye area. The crepey skin on my eyelids has gone and they are now quite smooth. I still have the laughter lines (crow's feet) although they are much softer, and the very fine ones look as if they have vanished.

There is an improvement on my cheeks where I had some small criss-cross lines that looked like dehydrated skin. That is quite smooth now.

After years of smoking (I gave up 10 years ago) my lip lines are quite deep. They have softened, but I think fillers will be the answer there,

All things considered, I am extremely pleased with the results. I would certainly repeat the peel if necessary as I have been told that the effects are cumulative. I would say that you would generally need to plan this at a time when you can remain indoors for a week or so.