

## Chemical Skin Peels and Rejuvenation

### History:

Chemical peels have been used for centuries to smoothen and improve the skin. Cleopatra from Egypt bathed in sour milk to beautify her skin, unknowingly using lactic acid as a chemical peel. In olden days, French women scraped old wine barrels and used old wine for the same effect (tartaric acid).

Chemical peeling or Chem-exfoliation is an application of one or more chemical agents to the skin so as to cause controlled chemical burns. This in turn causes controlled exfoliation and the regeneration helps in normalising pigment abnormalities, reduces scars and fine lines as well as wrinkles. It can also help in the treatment of Acne (pimples).

By exfoliating the layers of the skin and replacing them with more “normalised” tissue, chemical peeling aims to achieve better cosmetic results.



### Indications for skin peels:

1. Acne, Post-acne scarring, Hyper pigmentation post-acne
1. Pigment disturbances on the face e.g. Melasma, Freckles and Dark marks
2. Dilated pores, Fine wrinkles, Moderate sun damage and Skin aging

The superficial peels carry minimal side-effects when performed by experienced practitioners. Rarely one can have redness and scabbing after a peel, which is temporary. Good sun-protection for a day or two, post-peel is very important.



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