

# INFORMATION SHEET 1

**The JCCP is committed to raising public awareness of the risks associated with various non-surgical and hair restoration treatments. As part of this process the JCCP will publish regular 'Information Sheets' in key areas.**

## SKIN REJUVENATION

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Skin rejuvenation can be done in numerous ways. The JCCP currently regulates according to the agreed standards and qualifications for skin peels (medical grade chemical peels), mesotherapy and microneedling. These treatments can result in improved skin condition largely as a result of the regeneration and repair mechanisms that occur after the initial inflammation of the epidermis and dermis.

### Skin Peels

Skin peels involve the use of a serum, often made up of several medical compounds, that is applied to the surface of the skin. The intent is to intensively exfoliate the skin by removing the outer dead skin to unveil a fresh layer of new skin. Skin peels predominantly target the facial area but can be used on the body. Chemical peeling is a procedure wherein a chemical agent of a defined strength is applied to the skin, which causes a controlled destruction of the layers of the skin, and is followed by regeneration and remodeling, with improvement of texture and surface abnormality.

The most common and most superficial peels are widely known as the 'fruit acid' peels, because they are derived from various fruits. However, you may see other types with TCA and phenol targeting deeper skin problems.

### Procedure

Your JCCP practitioner will describe the full process to you. The peel should be applied to the area(s) you have agreed with your practitioner, usually with a small brush or a cotton bud. A test patch is often done with deeper peels. The vast majority of peels performed fall in to the superficial category, meaning they only target the outermost layers of the skin. Sensitive areas like the corner of the eyes nose are protected with Vaseline. Depending on the chemical peel used, it may be washed off with water or a neutralising agent.

# INFORMATION SHEET 1

## Mesotherapy

Mesotherapy is a non-surgical skin rejuvenation treatment, aimed at areas on the face and body. It involves injection of vitamins, enzymes, hormones, hyaluronic acid, and natural plant extracts into the skin to nourish and rejuvenate skin following treatment.

## Procedure

The process of Mesotherapy involves the series of superficial injections of the active ingredients into the skin. There are multiple different types of injection techniques your practitioner can use. These target different areas in the skin that can lead to increased skin quality and renewal.

## Microneedling

Microneedling uses a medical microneedle that causes micro-injuries which in turn stimulates the healing response of the body. The microneedle device contains fine needles that work to eliminate scarring, marks and lesions on the face and body. Microneedling treatment penetrates micro areas of the skin and creates controlled wounds. The skin responds by filling the wounds with collagen and elastin, which are natural proteins that can effectively strengthen the skin and reduce the appearance of scarring. The needle length varies, and this variation has an impact on the benefits and risks of the treatment. Microneedling and mesotherapy are often combined.

## Procedure

Some practitioners may use a variety of applicators to perform microneedling. This includes a simple syringe with a needle, a manual roller, or one of many electronic medical devices that deliver a series of adjustable fine needles at a controlled depth, typically in the format of a pen. Anaesthetic cream will usually be applied for at least 30 minutes prior to treatment. This treatment works to have an effect on the health, nutrition and quality of the different layers of the skin.

**Tip:** If targeting a specific skin lesion, especially if it may be caused by sun or UV light, ensure your practitioner is qualified to diagnose the lesion, or that they refer you to your GP or dermatologist.

**Tip:** This is an ideal opportunity to discuss your use of sun protection cream, and methods of sun avoidance (including sun-beds), with your practitioner.

**Tip:** Ask for recovery time after the procedure - how long will it take for your appearance to get back to normal. Make sure you know what chemicals are being used and what aftercare is required.

# INFORMATION SHEET 1

**Tip:** If you are over 65, of darker skin type or have very fragile skin beware of treatments as the risks may outweigh the benefits.

**Tip:** In addition to your medical history, ensure your practitioner knows the skin products you are currently using, as this may affect response to treatment.

## Effects

All skin rejuvenation treatments are designed to improve the quality of the skin. You may perceive your skin has improved texture and more even tone. Chemical peels can be effective for cosmetic acne but should complement, not interfere with treatment prescribed by your GP. Fine lines may or may not improve, depending on the nature of the treatment. Your practitioner may be able to target specific concerns such as stretch marks, scarring and specific blemishes.

## Adverse effects

- Burning / stinging sensation / Itchiness
- Mild pain
- Bruising
- Redness after treatment – can last a few months in deeper peels
- Skin flaking / texture change
- Lines of demarcation where skin rejuvenation has been applied
- Reoccurrence of herpes (cold sores)
- Sun avoidance post procedure
- Allergy
- Scarring
- Changes in skin colour – can be lighter or darker
- Skin Infection
- Worsen pre-existing conditions such as asthma / eczema / psoriasis / acne
- **Rarely can cause toxicity:** Deeper chemical peels use carbolic acid (phenol), which can damage the heart muscle and cause the heart to beat irregularly. Phenol can also harm the kidneys and liver. There are various methods to limit exposure to phenol, such as performing the treatment in portions at 10- to 20-minute intervals.

## Restrictions

There is no specific restriction to peels, mesotherapy or microneedling. They are often treatments that require a course of therapy. The JCCP would warn patients to consider offers and incentives for treatment either singular or a course against its regulations and can entice into multiple treatments that might not be necessary. All skin rejuvenation treatments pose various degrees of risk, depending on the nature and extent of the product used. All JCCP registered practitioners are qualified to the required level for the treatment offered and, where risks are higher, it will be clearly stated where your practitioner must work under supervision.