

**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 performed in numerous ways. The JCCP currently regulates practice according to the agreed standards and qualifications required for skin peels (medical grade chemical peels), mesotherapy and micro needling (see below for explanations of these procedures). These treatments can result in improved skin condition largely as a result of the regeneration and repair mechanisms that occur following the initial inflammation of the skin that results after these treatments are applied.

### 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 (descale) 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 also 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 original skin layers, followed by the regeneration and remodeling of the treated skin areas, with improvement of texture and reduction of any skin surface abnormalities.

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 that contain chemical agents such as Trichloroacetic Acid (TCA) and phenol. These agents are often used to target deeper skin problems.

### Procedure

Your JCCP practitioner will describe the full process to you. The peel should only 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 performed first when deeper peels are being considered. The vast majority of peels performed fall into the superficial category, meaning they only target the outermost layers of the skin. Sensitive areas like the corner of the eyes or nose are protected with Vaseline. Depending on the chemical peel used, it may be washed off with water or a recommended neutralising agent.

### Mesotherapy

Mesotherapy is a non-surgical skin rejuvenation treatment, aimed at areas on the face and body. It involves the 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 insertion of a series of superficial injections of the active ingredients into the skin. There are multiple different types of injection techniques that your practitioner can use. These target different areas in the skin that can lead to increased skin quality and skin renewal.

## Micro needling

Micro needling is a rejuvenating skin treatment that is performed through the use of a 'skin roller' (also known as a 'dermaroller'). The skin roller repeatedly penetrates the skin area to be treated, creating thousands of tiny microchannels that the skin perceives as micro-wounds or micro-injuries which stimulates the body's natural healing process. The result is smoother, healthier, and younger-looking skin.

The microneedle device contains fine needles that work to eliminate scarring, marks and lesions on the face and body. 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. Micro needling and mesotherapy are often delivered as combined treatments.

## Procedure

Some practitioners may use a variety of applicators to perform micro needling. This includes the use of 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 exposure to sun or Ultra Violet light, ensure your practitioner is qualified to diagnose the lesion (an area of abnormal tissue), or that they refer you to your GP or dermatologist before you commence any procedure.

**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 – discuss how long will it take for your appearance to return to normal. Make sure that you know what chemicals are being used in your peels and whether there are any risks or side effects associated with their use. Ask what aftercare is required.

**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 your response to treatment.

## Effects

All skin rejuvenation treatments are designed to improve the quality of the skin. After treatment you may perceive that your skin has improved in texture and has a more even tone. Chemical peels can also 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 you receive. Your practitioner may be able to target specific concerns that you may present with, such as stretch marks, scarring and specific blemishes.

## Adverse effects (that you should be aware of)

- 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
- **Peels rarely can cause toxicity:** Deeper chemical peels use carbolic acid (phenol), which can rarely damage the heart muscle and cause the heart to beat irregularly. Phenol has been known also to 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 are no specific legal restrictions to the use of peels, mesotherapy or micro needling. These treatments are often delivered as a course of treatments. The JCCP would warn patients to ensure that they discuss their treatment plan with their practitioner prior to commencing either singular or a course of treatments to ensure to avoid being 'enticed' 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 treatments that they offer and, where treatment risks are considered to be higher, the JCCP will state clearly where your practitioner must work under supervision.