



The Weekend Peel

Patient Advice Sheet



Claremont Private Hospital
401 Sandygate Road
Sheffield S10 5UB

0114 263 0330
info@claremont-hospital.co.uk
claremont-hospital.co.uk

A Division of Aspen Healthcare Ltd.
Centurion House, 37 Jewry Street London EC3N 2ER
Registration No. 03471084 ©Aspen Healthcare Ltd 2019



issue May 2020 / review May 2022 / version one



Welcome to exceptional healthcare



PART OF ASPEN HEALTHCARE

The weekend peel is a facial rejuvenation procedure designed to improve the texture and quality of the facial skin.

The treatment is carried out by a laser trained plastic surgeon. A pulsed erbium YAG laser with a scanning device is used to remove the most superficial layers of the skin in a precise manner.

The heat developed during this process stimulates the collagen in the dermis to increase. It is also accompanied by more favourable distribution of the pigment melanin within the skin and also by an increase in blood supply, which facilitates the beneficial changes.

This procedure therefore can improve fine lines and wrinkles and even helps the skin tone.

What sort of anaesthesia is required?

Topical anaesthetic is necessary for this procedure. This will involve an application of cream to the entire face. The cream needs to be applied 30-60 minutes prior to the procedure to be effective. The intention of this is to freeze the superficial nerves in the face and reduce any discomfort. Once the local anaesthetic has worked, the eyes will be protected with special eye shields. The procedure itself will take 30 minutes. (With one-two passes of the laser being required). Paracetamol tablets taken one hour before the procedure and 6 hourly afterwards can be helpful.

What kind of improvement can I expect from the weekend peel?

- Softening of fine lines from sun damage
- Diminution of coarse lines from sun damage
- Increased smoothness in skin texture
- Mild or moderate smoothing of acne scars
- Lightening of pigmentation irregularities
- Increase skin glow or radiance
- Some minimisation of pore size

What will my skin look like afterwards and how do I look after the Weekend Peel?

The area that has been treated will look red and swollen. There will be no external dressings and a layer of Vaseline will be applied. During the procedure the top layers of the skin (epidermis) have been removed. This could leave a small amount of serous fluid leaking which will need to be wiped away and more Vaseline applied. The initial redness should decrease dramatically over the first 48 hours. At this stage all that is required is routine cleansing and application of a non-perfumed moisturizer e.g. aqueous cream or E45 lotion and a sunblock. By day 3 you may use non-perfumed foundation make-up.

To minimize the risk of pigmentation, it is extremely important that you use a sunscreen (>SPF 30) for at least 3-6 months following this treatment to protect the skin from harmful ultraviolet rays.

Can the Weekend Peel be used on my skin twice?

It is possible to repeat the weekend peel 6 months after the initial treatment.

What are the complications of the Weekend Peel?

It would be very unusual to develop any scarring following the use of the resurfacing laser after the weekend peel, due to the superficial level of the laser penetration. This could be hyper-pigmentation in the skin which is more common in people who tan easily or have been exposed to ultraviolet rays without adequate protection. It almost always happens in black and Asian skin and as a general rule the resurfacing laser would not be carried out in the people with this skin type.

Questions?

If you have any problems or questions please call the **Laser Clinic** on **0114 263 2101**