



## Croton Oil Peel

Aging and sun damage cause your skin to look old. Other issues such as wrinkling around your eyes and mouth, discoloration of the skin, and scarring due to superficial acne can compound the problem. To rejuvenate that skin and regain a more youthful look a deep peel can be beneficial.

### What is a Croton Oil peel?

A Croton Oil peel, also known as Hetter peel or modified phenol peel, penetrates into the deeper layers of the skin, addressing textural changes in the skin. By improving the skin's deep structures, sun-damaged and wrinkled skin is dramatically improved. The Croton oil peel gives the patient a radiant, smoother, and healthier-looking skin. The Croton oil peels work like any other chemical peel; however, since they can penetrate much deeper within the skin, the effects are much more significant and longer-lasting than those achieved with other treatments such as glycolic or salicylic peels.

### Peel Preparation

The success of the peel begins with adequate preparation. The best way to ensure a deep even peel and reduce the risk of complications such as pigmentary changes is to prepare the skin using skincare that includes Retin A (Tretinoin), Hydroquinone 4% and lactic or phytic acid. The skincare preparation should start six weeks before the peel. The products ensure that the epidermis is stabilized, and the dermis is stimulated to produce more collagen and the melanocytes are suppressed.

### During the Peel

The peel can be carried out under local or general anaesthetic and generally takes up to one hour. Application of the Croton oil peel will create an initial frost followed by a pink color to the skin. There is no post-peel neutralization. The face is covered with a post-peel ointment such as Pomatrol soothing ointment from the ZO Post Procedure Recovery System.

### After the Peel

The skin gradually darkens and tightens over the next 3 days and begins to peel during the first week to ten days. Redness can be expected, sometimes swelling and occasionally crusting until the skin has fully peeled. After the skin has fully peeled there will be some residual redness which may last a little longer but is easily covered up with mineral make-up.

### Benefits of Croton oil Skin Peels

The strength and deep penetration of a Croton oil peel will give many great benefits including:

- **Exfoliation.** Croton oil skin peels are an effective resurfacing method since they remove the outer layer of skin to reveal a new, smooth layer that is underneath.
- **It can be combined** with other surgical or non-surgical procedures e.g. facelifts, blepharoplasties, Botox, fillers etc.
- **Treatment of acne scars.** Since they can penetrate quite deep, Croton oil peels are a popular alternative for reducing the appearance of severe facial scars. The fractional CO2 laser is our treatment of choice.
- **Reducing hyperpigmentation.** Age spots, sun spots, or other areas of discoloration can be treated quite effectively because of this peel's ability to lighten skin.

*For a life more beautiful...*

- **Collagen growth.** The peel destroys the outer layer of skin, forcing the body to increase collagen production in an effort to repair itself.
- **Reducing deep lines and wrinkles.** Croton oil peels will produce dramatic improvement in the deep wrinkles found on the forehead and around the eyes and mouth.
- **Reversing sun damage.**
- **Long-lasting results.** The effects of these peels will last longer than those of any other peel, sometimes twenty years or more!
- **Single treatment.** Unlike many other peels and skin treatments, you will usually achieve desired results with only one treatment. This usually means one application with or without a top up within the first week.

### **Risks and Side Effects**

Chemical peels are considered to be fairly safe treatments if administered by skilled practitioners, but the deeper the peel the higher the risk of complications and side effects.

- **Permanent lightening of the skin:** Effectively remove freckles and dark spots; however, your skin will look permanently bleached following a treatment. For this reason, they are not recommended if you have a lot of freckles since you will be left with a marked difference between your pale face and the still freckled skin of your neck and chest. Croton oil peels can also cause spotting or blotches in darker skinned people and will likely leave a demarcation line as evidence that you have used this treatment. The Obagi Blue Peel maybe a better alternative.
- **Sensitivity to the sun:** Croton oil peels may leave your skin permanently sensitive to sunlight and you will need to use a high quality, full-spectrum sunscreen when outdoors.
- **Redness:** After a peel your skin will be red and crusty. Even after your face regains a smooth texture, it will still look quite pink for up to 2 months.
- **Swelling:** Depending on your level of sensitivity, you will experience moderate to severe swelling, but this will improve within 7-10 days.
- **Peeling:** Your skin will peel and flake for about 1-2 weeks. This is normal since the purpose of the treatment is to exfoliate and lift away the top layers of damaged skin.
- **Oozing and crusting:** Since Croton oil peels are so strong you may develop scabs, oozing, or crusty patches. This will clear up as the skin recovers and is relieved using Surf patrol from the ZO Post Procedure Recovery System.
- **Pain:** These peels are considered "deep" treatments so you may need to take pain medications for a few days afterwards.

## Post Peel Advice

Healing is usually painless

Some swelling may occur - usually around the eye area

Swelling varies according to the depth of the peel and the degree of skin laxity

Skin will feel tight

Skin will darken before it starts to peel in 2-3 days

There may be occasional itching

There may be a mild degree of fluid oozing

Please note the following:-

1. It is recommended to sleep with your head elevated the first couple of nights after a facial peel
2. Avoid any sun exposure. Depending on body part treated, use protective clothing or wear hat and sun protection
3. Avoid unnecessary facial expressions
4. Do not allow water jet to hit the peeled areas directly. Avoid water or shampoo running onto peeled area. Rinse well any shampoo that may have trickled down face. **DO NOT RUB PEELED AREA.**
5. Do not apply make-up until peeled area is completely healed and free of scabs
6. **AVOID ANY UNNECESSARY TOUCHING OF THE FACE OR RUBBING, SCRATCHING OR PEELING AWAY SCABS AS IT MAY LEAVE A SCAR AND MAY CAUSE HYPERPIGMENTATION.** Clip loose scabs with fine scissors

## ZO Post Procedure Recovery System

The ZO Post Procedure recovery system is the most effective ZO management program for post procedure skin. Three ZO Medical products, Surfamol, Pomamol and Regenacell are

formulated to work in conjunction to deliver the most advanced skin soothing and protecting technology available.

**Surfatrol Astringent Solution Powder:** provides a barrier to irritated skin, helping to lock in hydration and minimise water loss, while also offering soothing, effective relief. Skin recovery is promoted by the inclusion of whey protein, while redness and irritation is prevented by oat and soy proteins. Chitosan helps to prevent scabbing and crusting during the recovery process.

**Pomatrol Soothing Ointment:** is a multi-functional hydration system with lipid replenishers that helps to restore the skin's natural barrier function. The formula offers anti-irritant properties that suppress the natural inflammatory response and help to support the recovery process. Pomatrol also protects against further environmental damage.

**Regenacell Epidermal Repair Crème:** helps to accelerate the skin's natural restoration process while protecting the skin from environmental assaults. Cell proliferation is encouraged by active ingredients in order to aid skin recovery.

A calming barrier is created by colloidal oatmeal (a proven soothing agent and skin protectant) that helps to relieve irritated skin. Beta-glucan also helps to soothe the skin, while helping to suppress irritation and inflammation, reducing redness, itching and discomfort.

The exclusive 12-hour time-release vitamin complex further protects skin from free radical damage by gradually releasing antioxidants. Moisturising properties replenish lipids, restore the skin's barrier and enhance the renewal process by locking in moisture.

#### **Benefits of ZO Medical Post Procedure Recovery Program:**

- Encourages cellular regeneration.
- Prevents cracking and scab formation.
- Relives irritated skin.
- Helps to absorb fluids from the skin.
- Removes debris, crusting and scabbing.
- Creates a barrier against infection.
- Keeps skin hydrated and prevents water loss.
- Medicated skin protectant.
- Relives irritated skin.
- Prevents dryness and cracking.
- Promotes skin recovery.
- Protects from further environmental damage.

#### **How to use:**

- Dissolve one packet of Surfatrol powder in 350ml (approximately 1 cup) of water (this will be used throughout the day).
- Pour a portion of the solution in a clean container and dip clean gauze in the solution then press/pat the wet gauze over sections of the face using firm

pressure. This should take about 1-2 minutes (pressure will help to reduce skin swelling, oozing and scabbing).

- Repeat every 2-3 hours.
- Apply a thin layer of Pomatrol Soothing Ointment after each use and gently massage into the skin. (Use Pomatrol for the first four days post-procedure).
- NB: Applying too thick a layer of Pomatrol can cause premature skin peeling and increase the likelihood of post-procedure acne. Can also be used whenever skin feels dry or uncomfortable
- Begin Regenacell on day five post-procedure
- Apply generously to affected area after cleansing and/or after applying Surfamol.
- Use until skin is fully healed.

