

Meline Dermal Peel Information Sheet

Why would I use it? What effect will it have?

Due to both external (eg environmental pollution and sun damage) and internal factors (genetics or hormonal), our skin ages, losing elasticity and slowing down cell turnover. The result is the development of lines, wrinkles and a laxity of the skin. Additionally, sun damage and pigmentation of the skin occurs causing uneven colouring and 'age spots' giving an aged or tired look to the skin. Skin may also be pigmented due to hormonal factors; a condition known as 'melasma'.

'Meline' Dermal Peel is a treatment designed to remove the most superficial layers of the skin, to stimulates cell renovation and collagen production. The consequent resurfacing of the skin gives an improvement in fine lines and wrinkles as well as even skin tone and / or elimination of melasma (hormonal pigment).

What does the treatment consist of?

The 'Meline' treatment package provides you with a course of 3 salon based, chemical peels approximately one month apart, along with all you home care products. You will be asked to:

- Prepare your skin for 2 weeks prior to your first treatment, using the specific cleanser and night cream provided. This preparation strips away dead skin cells and rehydrates your skin, ensuring your first dermal peel is as effective as possible.
- Attend your first appointment, following your 2 weeks skin prep. This is when your first peel will be applied, and you will receive the balance of products to use during your treatment journey. This appointment will be approximately 45-60 mins long.
- Follow the instructions of your treatment provider in relation to your home treatment products. It is critical to the success of your treatment that you do so, as this will ensure a continuous and effective post-treatment skin care routine. The home products and serums are designed to restore the skin's natural barriers and to continue the potent depigmenting action; as such, they are essential when it comes to removing hyperpigmentation.

How long will it last?

The skin simply continues to age at its normal rate; the collagen stimulating effects will last between 18 – 36 months – or as long as collagen would normally last in the individual (note that external influences such as smoking, sunlight and other environmental factors will impact this).

Hormonal pigmentation provides an on-going challenge which can be controlled by a home care skin routine. It is critical you follow all post treatment instructions and make sun screen your new best friend!

Is there any reason I can't have treatment (Contraindications)?

We can only treat people that are healthy and well at time of treatment and over the age of 18 years. We cannot treat under the following circumstances:

- Women that are pregnant, planning to get pregnant within the next 3 months or currently breastfeeding
- Allergy / known reaction to the topical formula
- An infection or inflammation in the area of treatment
- A history of true keloid scarring
- A history of delayed skin healing is a precaution

Are there any risks or side effects?

All treatments can have side effects; however small you need to understand what these are so you can decide whether the treatment is right for you. While most are minimal and resolve quickly you need to be aware of:

- Sensitivity to topical formula / discomfort during the procedure
- Sustained erythema (redness) and flaking / peeling skin
- Infection, including herpes recurrences in predisposed individuals
- Oedema (swelling) including around the eye area
- Post inflammatory hyperpigmentation / hypopigmentation

Meline Dermal Peel After-Care Sheet

Congratulations! You have just completed the first step of your Meline Dermal Peel treatment which was a facial peel done in our TruYou Appearance Medicine Clinic; you can expect amazing results from this treatment!

It is essential you follow these instructions and use only the products supplied to you, to achieve the best results!

While completing your 2-weeks of skin preparation:

It is normal to get some flakiness of the skin, or darkening of pigment during this time; however, don't be concerned if you notice no difference in your skin!

Immediately following your clinic peel:

Immediately following your peel (especially your first treatment), it is normal for skin to look pink and feel tight; swelling is common especially round the eyes. Your skin may feel tender and itchy – it is important not to scratch or pick at your skin during any stage of treatment to avoid damage to the skin surface which may result in further pigmentation. This stage can last 5 to 7 days.

For the **2-weeks** following your dermal peel, follow these steps:

| Step | Day | Night |
|------|--|--|
| 1 | Clean skin with ' Meline Gentle foam ' cleanser | Clean skin with ' Meline Gentle foam ' cleanser |
| 2 | Use ' Meline Restore ' to calm the skin and repair the skin barrier (<i>For 2-weeks only</i>) | Use ' Meline Restore ' to calm the skin and repair the skin barrier |
| 3 | Use ' Meline Moist ' to moisturise the skin | Use ' Meline Moist ' to moisturise the skin |
| 4 | Use ' Meline Day Skin ' to suppress melanin (pigment) production and add SPF protection | Use ' Meline Night Skin ' to encourage further breakdown of existing pigment and to suppress melanin (pigment) production |
| 5 | Use ' Meline BB Cream ' to provide a light correcting cover for imperfections, to hydrate and brighten the face, and act as a sunscreen | |

After **2-weeks**, you should omit step 2 and stop using '**Meline Restore**'. Save the product for use after your next peel.

Your normal skin routine will then consist of:

1. '**Meline Gentle foam**' cleanser – morning and night
2. '**Meline Moist**' moisturiser – morning and night
3. '**Meline Day Skin**' – morning only
4. '**Meline BB Cream**' – morning only
5. '**Meline Night Skin**' – night only

Your treatment provider will book your next appointment; each clinic treatment is approximately one month apart, for a total of 3 treatments.

For any concerns relating to this treatment please contact:

- Chrissie Dawkins 027 444 4142 **OR**
- Suzie White 021 245 7198