

Coimbatore Sri Ramakrishna Hospital's Dermatology Experts Share The Science Behind Chemical Peels For Rejuvenated Skin

Category: Business

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With the increasing popularity of various beauty procedures, the dermatology experts at **Sri Ramakrishna Hospital** are shedding light on chemical peeling, a treatment that has recently garnered significant attention. This procedure aims to enhance skin quality and appearance, and the experts are eager to share their insights to ensure individuals have an informed understanding of what it entails. Given the wealth of beauty treatments available online, gaining accurate information about chemical peeling becomes crucial for those considering it.

What should one know about chemical peeling

Chemical peeling, also known as chemo exfoliation, is a non-surgical treatment that employs specially formulated chemical solutions to gently remove the outer layer of the skin. By inducing controlled damage to the skin's surface, this procedure encourages the regeneration of healthier and more youthful skin. Chemical peels are effective in treating various skin imperfections, stimulating collagen production, and improving overall skin texture.

There are three main types of chemical peels, each designed to meet the individual's needs:

- 1. Superficial Peels:** These use mild acids to exfoliate the

skin by targeting the outermost layer. Since they are gentle, these peels typically do not require sedation.

2. Medium Peels: These involve stronger acids, like glycolic acid, that penetrate into the middle layer of the skin. They effectively remove damaged skin cells, and for those who may feel anxious, oral analgesics might be provided.

3. Deep Peels: This type penetrates completely through the middle layer of the skin to remove damaged cells. Anesthesia is often administered before this procedure, based on the dermatologists recommendation.

Chemical peels can be tailored to an individuals specific skin type and concerns, making them a versatile option for improving skin health and appearance.

Chemical peels offer a variety of benefits for different skin conditions, helping to improve both the appearance and health of the skin.

Here's a brief overview of how they can specifically address several common issues:

Acne:

Chemical peels can effectively treat acne by unclogging pores, reducing inflammation, and improving skin texture. Ingredients like salicylic acid and glycolic acid have been shown to significantly diminish acne lesions and enhance overall skin appearance.

Freckles:

Sun exposure and genetics often lead to freckles. Chemical peels are recognized for their ability to lighten and reduce these spots by exfoliating the skin and removing pigmented cells, resulting in a more even skin tone.

Melasma:

This condition causes dark, irregular patches often influenced by hormonal changes or sun exposure. Chemical peels can accelerate skin cell turnover and break down excess pigmentation, making dark patches less prominent and improving overall skin tone.

Acanthosis Nigricans:

This condition results in darkened, thickened skin in areas like the neck and armpits. Chemical peels can lighten these patches by exfoliating the affected areas and promoting healthier skin regeneration, improving both appearance and texture.

Periorbital Pigmentation:

Dark circles around the eyes can stem from various factors, including genetics and fatigue. Targeted chemical peels can help lighten these areas, stimulating collagen production and enhancing skin tone for a brighter under-eye appearance.

Tanning Skin:

Overexposure to the sun can lead to uneven skin tone and dark spots. Chemical peels effectively exfoliate sun-damaged cells, aiding in sun spot reduction and leading to a smoother, more even complexion.

What should one know about the procedure and recovery of chemical peels

Chemical peel procedures are often simple and do not require any extensive steps. Prior to undergoing chemical peeling, an individual needs to follow certain steps to ensure a smooth treatment process.

Prior to the procedure:

- Avoid using skincare products that contain glycolic acid or retinol.

- Avoid the use of bleach on the area to be treated.
- If an individual is pregnant, breastfeeding, has amyloidosis, keloids, or is on keloid medications, it is important to discuss this with a dermatologist.

Chemical peeling procedure:

- It is recommended for the patient to have a clean face on the day of treatment.
- Acetone or isopropyl alcohol is used to wipe the patient's face cleanly.
- The patient is positioned supine at an angle of 45 degrees.
- Eye protection is provided during the procedure.

Post-peel recovery:

For a quicker and easy recovery the patients need to follow post-peel care guidelines recommended by the dermatologist.

- One should not touch or pick on the peeling
- It is important to avoid direct sun exposure as it can irritate the treated area.
- A gentle cleanser should be used in a patting motion, avoiding rubbing.
- The treated area should be gently patted down after washing.
- A gentle moisturizer can be applied in case of light peel.
- An ice pack for about 20 minutes should be applied by the patients who underwent medium or deep peels.

Why should one choose chemical peels

Chemical peeling is an excellent treatment option for individuals looking for a non-invasive method to address multiple skin concerns without the need for surgery or extended recovery periods. It is suitable for various skin types and can be customized to treat individual skin requirements from mild to severe. Although not every individual can undergo chemical peeling, several factors determine the chance of an individual to seek chemical peeling.

Chemical peels are a safe and effective solution for addressing multiple skin concerns. With minimal downtime, chemical peels offer an accessible way to rejuvenate your skin.

The recovery after chemical peeling:

Although the recovery is extremely fast, medium and deep peels can take a little longer to heal when compared to superficial peels. The recovery protocol is also different, as deep peels may require extra attention and care to help in complete recovery without any complications.

Chemical peeling at Sri Ramakrishna Hospital is performed by [experienced dermatologists in coimbatore](#) who are dedicated to providing personalized care for every individual. With a deep understanding of skin conditions and treatment options, the dermatology experts at Sri Ramakrishna Hospital customize chemical peeling procedures to meet individual needs while ensuring that one receives advanced care. It is important to seek expert consultation to ensure the right type of peel is recommended for an individual's skin type and condition.

About Sri Ramakrishna Hospital

Sri Ramakrishna Hospital has attained an iconic reputation since its inception in 1975. Situated in the heart of

Coimbatore city, this hospital has in many ways become a part of medical history. In fact, it has been an integral part of the healthcare revolution of modern India. Established and run by the SNR Sons Trust, [Sri Ramakrishna Hospital](#) treats several lakhs of patients each year. From providing the most advanced medical procedures to treatments for everyday ailments, they bring relief to patients from all walks of life using state-of-the-art technology and cutting-edge surgical and medical techniques to deliver outstanding results.

