

# Chemo-exfoliation: a review of step-by-step algorithmic treatment protocol.

Ling Sien Ngan \*

Aesthetic Medicine & Surgery, University of Allahabad, Malaysia

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## Description

Statement of the Problem: The use of wide array of chemical peel agents for rejuvenation of wrinkle, pigmentary disorder, acne form eruption and pre-malignant epidermal neoplasm had been for long. Due to lot of complications, downtime, variable healing rate after different chemical peeling, it is necessary to have a well-defined standard practice protocol for a consistently safe and predictable result. It is thus necessary to understand fully the step-by-step guide of different categories of peel agents, to avoid confusion, for a safe and effective practice [1].

## Discussion

### Methodology & Theoretical Orientation

Systematic review studies are used to search for “various ingredients names”, including all commercially available prescription based products through databases of Cochrane Library, Medline, PubMed, SCOPUS and Google Scholar [2-3]. The author also utilizing a commonly used qualitative analysis by other than reviewing literature, also used clinical history taking, interview & observation over social event, and forming focus group to gather data. Using the security framework & lenses of analysis of the social science/behavior to understand what are the patient inclination, social behavior and preferences, its performance, relevance, functionality & efficiency, if it can be optimized for as many a chemical peel agents to treat four conditions stated in conclusion section.

### Finding

Chemical peel is the 3rd most commonly performed noninvasive cosmetic procedure in the USA with 1.3 million done in 2016. There has been a paradigm shift with laser largely supplanting more risky deep peel. Despite this the superficial peel has proliferated in popularity & product diversity. When used for appropriate indication with proper technique, nearly all peeling agents have demonstrated excellent clinical efficacy. And, they remain an indispensable cost-effective tool in the dermatologist’s aesthetic toolbox [4-5].

## Conclusion

Available literatures reveal 1) chemical peels are the 3rd most commonly performed noninvasive cosmetic procedure in US > 1.8 M in 2016. 2) Indications for treatment are 4 broad categories: photo- & chronoaging; acneiform eruptions; dyspigmentation; and pre-malignant epidermal neoplasia, 3)

peeling agent selection is determined by treatment indication, desired depth of ablation, pertinent examination findings, Fitzpatrick skin-type, and any other relevant dermatological history, 4) for the right indication with proper technique, all peel solutions & ablation depth have demonstrated excellent success in improving skin tone & texture, and cost effective versus any invasive procedures. 5) Hence, peels should remain indispensable tools in doctor’s aesthetic toolbox. Available evidence show the superficial peel is great for both home-care & institutional treatment. Medium peel is useful for clinic use. Deep peel for deeply sited issue but this role has been taken over by laser due to more predictable treatment result with less risk.

## References

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## \*Correspondence to

Dr. Ling Sien Ngan

Aesthetic Medicine & Surgery

University of Allahabad

Selangor

Malaysia

Tel: +6016-2785828

E-mail: DrDavidLing@gmail.com