

Patient Information Sheet

What are EnerPeels?

Enerpeel® skin peels don't peel they remodel! Enerpeel® delivers treatment ingredients deep into the skin, remodelling without excessive exfoliation and surface trauma. Enerpeel® also delivers skin treatment ingredients deep into the skin to target various skin conditions while surface redness (erythema), discomfort, flaking and peeling are reduced.

The Enerpeel® emphasis is on remodelling, restructuring, rejuvenating, reducing sun and age damage and controlling skin conditions such as acne, rosacea, thread veins, pigmentation of various types while also delivering an even toned, bright skin while ensuring you can carry on with life as normal.

The Different Enerpeel® systems contain specific ingredient combinations to target the active treatment components to each individual skin condition. The whole Enerpeel® range contains the ingredient MSM which has shown to promote normal healing and to restrict chemicals that may cause irregular or abnormal healing. It also has calming properties and reduces irritation making the clinical experience much more comfortable.

How do they work?

ENERPEEL® is a carrier solution which restrains the key ingredients and their strength of activity and can be adjusted to release the ingredients at the desired skin depth for maximal results. However, this is not a buffered peel. This mechanism of action minimises surface trauma which can cause reddening, frosting, peeling and downtime, but maximises the activity in the skin to promote improved skin structure and function. Ultimately, the ENERPEEL® system aims to correct many skin issues efficiently and far more effectively than standard peels by triggering gene expression of matrix remodelling components.

Is it painful?

During the procedure the patient may feel a mild to moderate stinging sensation. The clinician will monitor this and it is normal. With the milder peels you may not feel anything. If you are having a higher strength peel then a stinging sensation can be expected. However it is not painful with discomfort scores typically ranging from 1 to 5 out of 10 depending on the individual. As all ENERPEEL® skin peels contain MSM, an anti-inflammatory ingredient, it means that any stinging or uncomfortable sensations are controlled.

What can EnerPeels® treat?

- Rosacea
- Hyperpigmentation
- Acne including resistant and late onset acne
- Comedonic & Inflammatory Acne on Face or Chest & Back
- Seborrhoea
- Hypertrophic, Operation and Injury Scars
- Surface remodelling
- Deep Lines and wrinkles
- Stretch Marks
- Refreshing the Skin All Year round
- Hyper keratosis
- Sun Damage and Chrono-Ageing
- Melasma
- Photo-Ageing
- Skin Tone Enhancer
- Actinic Keratosis

What do the acids do?

Acid is not released onto the skin, unlike other peels, thus creating less surface trauma and erythema (skin redness) but still delivering maximal dermal effect for super results.

This also means faster surface recovery post treatment with any redness reducing more rapidly; but still the patient has had an enhanced skin remodelling stimulation to correct skin problems.

Acid is released inside the skin not on the skin. The days of locking yourself indoors because your face is peeling and flaking are gone as peels have evolved over the years. Some of the EnerPeels® will still create a little downtime – with the stronger acids, but the way the system works means that this trauma to the surface of the skin is still kept to a minimum compared with other peel systems.

Some peeling may be expected 4 days later, but this will look more like flakes than peeling and will disappear in 1 to 2 days. We want to create a happy environment in the skin, in order for it to respond positively to the treatment, so preparation products are also recommended to support your treatment to maximise results. Products are also key in reducing and keeping any downtime to a minimum. The beauty about the products is that not only can they be used whilst you're receiving your treatment; they can also be used all year round as part of your permanent skin care regime.

Depending on your skin assessment, Another Level Medispa will provide you with a treatment plan, to suit your skin type and what you are looking to achieve.

EnerPeel® Salicylic Acid

An EnerPeel® for Acne. Designed to break down oil and surface debris in acne skins, while also introducing the three key ingredients to control inflammation, kill bacteria, reduce oil production and normalise excess skin cell production. Significantly improves all types of acne including pustular acne with minimal side effects over 3-5 sessions. Use with the Tebiskin® OSK medical acne range for complete oil and acne control.

Enerpeel® Pyruvic Acid

Designed for lines and wrinkles, tightening saggy skin but also controls oily skin, reduces pore size and sun damage, including actinic keratosis. This EnerPeel® can also be used on the chest and neck area to improve fine lines and wrinkles. Use with Tebiskin® EGF and Tebiskin® Hyal for improved plumping and tightening or use Tebiskin® OSK for oil and T-zone control.

Enerpeel® Jessners

Contains two ingredients to slow down excessive pigment production to reduce sun damage, melasma and other long standing pigmentation issues. For pigmentation caused from minor inflammation then consider EnerPeel® MA as an alternative. Jessners is ideal for age related pigmentation such as sun damage and age spots. Also great for those who want to prevent pigmentation developing but are looking to achieve a refreshed and revitalised skin feeling. Use with Tebiskin® SOD-C (vitamin C) and Tebiskin® Lightening cream for pigmentation control.

EnerPeel® Mandelic Acid

An all year round chemical peel, uniquely designed to work within the skin rather than on the skin. This quick procedure will leave you feeling instantly rejuvenated, with visible improvements to your skin over the next few weeks. It's suitable for most skin types, and as well as its fantastic rejuvenation capability it can also help treat rosacea, reddening skin, un-even skin tone, spider/thread veins and hyper pigmentation in sensitive skins. A perfect peel as a pick me up for glowing radiant skin before a night out. Use with Synchronose® products for continuous rosacea control.

Enerpeel Eye and Lip

EnerPeel® Eye and Lip is a skin remodelling solution especially designed to target around the eye and lip area. It targets fine lines close to the eye, Crows Feet – which we all know and hate, pigmentation build up below and around the eye, pout lines and the melanin moustache which develops from repeated hair removal. EnerPeel® Eye and Lip is a non-invasive and trouble free treatment and leaves you with little to no downtime, which essentially means you are free to carry on with your daily routine without having to hide away. You can even fit a treatment in during lunch time.

Soften and Reduce Your Lines and Wrinkles Around Your Eyes and Lips Without Surgery

Our new specialist Eye and Lip EnerPeel® will:

- Reduces lines and wrinkles on this difficult to reach area
- Lighten dark circles and under eye bags
- Tighten your eyelids and Eliminate your crows' feet
- Reduce pout lines, Increase lip volume and Even your skin tone.

Supporting skincare pre and post treatment

As part of your skin assessment your clinician will advise on the best treatments for you to use at home to prepare your skin for the procedure. These products can be used prior, during and after treatment and can also be used long terms as part of your daily skin care routine.

These products are designed to:

- Maximise treatment results
- Reduce post-treatment complications
- Reduce erythema
- Increase the skins recovery time
- Ensure the treatment ingredients can get to the desired level within the skin

After Care

After a peel you may notice that your skin is flushed, pink or red (almost like you have caught the sun that day) and your skin may also feel dry or tight. At or around day 3 post treatment you may experience some slight peeling or flaking. This is to be expected and will last 1 – 2 days. It is possible that you may have no peeling or flaking. If there is not peeling or flaking this does not mean that the peel is not working. The Enerpeel® system is designed to remodel from within with as little downtime and surface trauma as possible. The chance of all of side effects happening and how obvious they are all depends on the type of peel you have had. The more high strength peels often show these side effects for a longer period of time as a stronger acid will have been used.

To get you the best results from your peel and to help treat the side effects, you will be given skin preparation products prior to your treatment and you will also receive aftercare products and a treatment regime. All of these will be different depending on what peel you have had and your skin type.

It is important to wear SPF everyday post-procedure for at least 2 weeks and avoid products containing Retinol, Glycolic or any other exfoliating ingredients for the first week post-procedure.

After most EnerPeels® you should be ok to apply your usual makeup the following day.

Avoid physical activity until the following day.

How long will the results last?

This all depends on a number of factors

- Type of peel
- If you have used skin preparatory products
- If you use the aftercare products
- Whether you've had a single treatment or a course of treatments

You would normally repeat your treatment on an annual basis, but your clinician may advise accordingly. Some people top up every few months to maintain results.

Is it safe?

All treatments carry a degree of risk and complications; these will all be discussed with you when you have a consultation prior to the treatment. Enerpeel technology not only improves results but also improves safety. To minimise issues, a skin assessment will be carried out to assess your skin type, to identify any contraindications, to diagnose the skin condition and what peel to use depending on it for the type of skin you have. Also this assessment will get your skin prepared appropriately and to ensure the right pre care and after care is used to minimise issues and ensure that you get the best results safely.

The most common side effects are:

- Erythema
- Itchiness
- Peeling
- Dryness
- Tenderness
- Swelling

All of these side effects are normally temporary and are usually settled in a couple of days depending on which peel you have had.

Misusing peels can cause serious complications and side effects including:

- Skin damage
- Infection
- Scarring
- Increased or long-term sensitivity
- Altered pigmentation

How do I know if I am suitable for an EnerPeel®?

Your clinician will complete a skin assessment with you to decide whether you are suitable to have an EnerPeel® and to evaluate which EnerPeel® protocol would be the best for you.

We would not carry out an EnerPeel® if any of the below apply:

- If you are pregnant or breastfeeding
- If you are allergic to salicylic acid (aspirin) for salicylic containing peels only
- We may not peel in an area where there was active Herpes simplex (cold sores). Those prone to cold sores may be advised to use an anti-viral cream for a number of days before peeling that area.
- Recent Surgery (up to the last 6 months, although typically the clinician is looking to see skin has fully recovered from the procedure before peeling that area).
- Recent laser treatments (up to the last 6 months, although typically the clinician is looking to see skin has fully recovered from the procedure before peeling that area).
- Dermabrasion treatments and any other treatment that may alter or compromise the cutaneous structure (typically the clinician is looking to see skin has fully recovered from the procedure before peeling that area).
- Immunosuppressive diseases
- Previous radiotherapy of the skin portion to be the exfoliated that might compromise the physiological regeneration of the skin (peels are used by radio therapists as well, so this may vary depending on clinical need)
- Family history of developing keloid or hypertrophic scars (pre care treatment may mean peeling is possible for hypertrophic risk)
- Family history of developing post-inflammatory hyperpigmentation (pre care treatment and correct assessment and evaluation may mean peeling is possible)
- Other medical considerations