

PLASTIC SURGERY

A PEEL FOR PIGMENTATION

Tackling pigmentation due to acne scars, sun spots or freckles? One popular method to correct the overproduction of melanin and even out skin tone is Cosmelan®. Find out how it works and if it suits you.



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We all want a bright and even skin tone, but age, acne, UV exposure, genetics, and hormonal changes can result in pigmentation problems.

While it is not usually dangerous, hyperpigmentation is a frequent area of concern, and may negatively impact a patient's self-confidence. It is caused by an abnormal production of melanin by melanocytes, the cells that produce melanin, resulting in irregular skin discolouration and dark spots.

While creams, serums and other over-the-counter beauty treatments are available, they may not be effective or only work if used consistently over long periods of time. The effects may also only be cosmetic — deep-seated pigmentation is hard to address.

One way to effectively banish hyperpigmentation is Cosmelan®. This peel is ideal for problems such as melasma, post-inflammatory hyperpigmentation, dark spots from sun exposure, freckles, and even dark remnants of teenage acne. The peel addresses the root of the problem: the very skin cells that produce dark spots.

The Cosmelan® process

This peel works in several phases. The first one is done in a clinic under medical supervision, followed by three home treatment phases.

During the clinic treatment phase, a mud-like mask is placed on the face. This mask is made of azelaic acid, kojic acid, phytic acid, ascorbic acid, arbutine, and titanium dioxide. These ingredients work to not only correct hyperpigmentation, but also regulate overproduction of melanin in skin cells. This has a long-term effect of inhibiting and controlling the development of dark spots. The mask must be left on for six to 10 hours, depending on your skin type and the amount of hyperpigmentation being treated.

This mask can be washed off, after which home treatments can begin. This step involves applying a topical anti-spot cream daily. This part of the treatment helps to maintain the results achieved with the Cosmelan® peel. The cream should be used consistently for up to one year after the peel to maintain results.

The synergic action of the method's products ensures greater depigmenting efficacy, greater comfort during treatment, and less risk of repigmentation. Completing the treatment affords more potent and lasting results.

The Cosmelan® process

Clinic Treatment phase	Apply mask containing <ul style="list-style-type: none"> • azelaic acid • kojic acid • phytic acid • ascorbic acid • arbutine • titanium dioxide
Home Treatment phase	Apply topical anti-spot cream daily up to one year after the peel



Fast-acting, long-lasting

One of the many advantages of the Cosmelan® peel is fast and effective results. Another is the convenience in having a one-off treatment versus a sequence of treatments. The results speak for themselves.

Patients report a brighter complexion and fading spots within a week. Skin is also brighter. With continued use of the maintenance cream and sun protection, results will continue to improve. By the fifth week, the skin will look rejuvenated, fresher, clearer, softer, and more even. As the skin renews, there are other benefits, such as mild wrinkle reduction and skin tightening.

This peel is also unique in that it can be used on any skin tone, from very light to very dark. Most importantly, it imparts lasting results as it has a dual corrective and controlling action, achieving short- and long-

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term results by keeping hyperpigmentation under control.

Cosmelan® has been applied on more than a million patients worldwide, with a high degree of satisfaction reported. It has earned a wide following, including the Sheika of Qatar. Royal endorsements aside, empirical evidence indicates that the treatment has a high degree of efficiency and effectiveness, but only if the recommended protocols are strictly followed.

Side effects

As with any treatment, some side effects can be expected. These include temporary redness, skin tightness, or a mild sensation of stinging. As the ingredients in the peel are not as harsh as those containing alpha hydroxy acids and hydroquinone, almost all patients experience these effects, which are easily resolved with post-treatment products that calm and restore the skin. As with all procedures, it is important to talk to your plastic surgeon about the pros and cons of this treatment as well as your desired outcomes and expectations. ☺

