SUMMARY OF PROTOCOL FOR TREATMENT OF STRETCH MARKS WITH EASY TCA® PEEL

PRE-PEEL PREPARATION

PRE PEEL
NB: “Enriched” BnB = BnB followed by a 3-6% hydroquinone cream
Skin phototypes 1 to 3: Skin Tech® Blending Bleaching® cream 2x/d, 8 days before treatment
Skin phototype 4: Skin Tech® Blending Bleaching® cream 3x/d, 3 weeks before treatment
Skin phototype 5: Skin Tech® “enriched” Blending Bleaching® cream 2x/d, 3 weeks before treatment

BEFORE ABRASION
Paracetamol + codeine tablet (30 min before treatment)
Disinfect and degrease the skin (alcohol – acetone)
Sandalpaper: in SKIN TECH® “Abrasion kit”®

ABRASION - ANESTHESIA - EASY TCA - OCCLUSION

ABRASION (what depth?)
Too superficial: No pain, no spots of blood
Right depth: First blood, pain
Too deep: Lot of blood, very painful
Keratinocyte touch: the fingers stop when they slide from the non-abraded area to the abraded area

Abrasion check: a few spots of blood + pain + keratinocyte touch = OK

ANESTHESIA
2% lidocaine+ adrenaline on a gauze pad, followed by 10-15 min occlusion
No anesthetic cream

APPLY ETC®
(Nº of coats depending on -> )
Right depth: Even pink frosting
Too deep (certain problem!!): Pure white – gray-white – gray frosting
Some areas are not treated with acid: e.g. décolletage: see www.skintech.info

POST-PEEL MASK
0.5 gr Easy TCA “post-peel mask” / surface 10cmx10cm
Post-peel Mask: in the Easy TCA® kit
Some areas are not treated with occlusion: back
Long occlusion = deep peel

POST INFLAMMATORY HYPERPIGMENTATIONS (PIH)

AVOID PIH: Monitor closely, Blending Bleaching® 2x3 x/d and Melablock® HSP 50+ as soon as possible (“enriched” BnB if necessary)
PIH started in spite of monitoring: Blending Bleaching® + clobetasol cream + 3-6 % hydroquinone cream and Melablock 6HSP50+
PIH set in: Apply 1 Easy TCA (basic protocol) every 15 days: 4 peels
daily care: Blending Bleaching + 0.05% tretinoin cream + 3-6% hydroquinone cream and Melablock HSP50+

POST-PEEL CARE

BY THE DOCTOR

+8-24h hrs: Remove occlusive plastic film and clean (sterile gauze pad)
Apply a good coat of Bismuth subgallate (powder in the Skin Tech® abrasion kit), cover it with a silicone sheet(Mepitel® Mölnlycke®) and put a thin layer of Vaseline® on the silicone sheet
Protect all with a thick gauze pad

Between 1st consultation & day 3: be available for the patient.

Day = 3: Remove dressing gently (maybe hydrate with physiological saline solution). Wash the silicone sheet.
NEVER TEAR SCABS DOWN
Replace it and cover with a thin layer of Vaseline®
Protect with a thick gauze pad.
Avoid infections: antibiotics if necessary

Day = 5: Same as day 3

Day 7-8: The skin is pink but regeneration should be satisfactory

Weeks 1 to 6: Hydrate, Protect, Prevent pigmentary changes
Avoid prolonged erythema:
If erythema +++: R/ topical fluorinated corticosteroid (8 days)
Avoid pigmentary changes: see below
Avoid infections: oral antibiotics if necessary
Avoid scratching:
If the skin is very dry, apply Vaseline®
If the skin is dry, VIt E anti oxidant cream® (Skin Tech®)
The patient must come for consultation on Day 15, 30 & 90: at least
Make sure there are no pigmentary changes, common in phototypes higher than 3 and check that reepithelialization is even.
Obligatory sun protection for 3 months (Melablock HSP®)

BY THE PATIENT

Take paracetamol (+ codeine?) if in pain
Do not shower, have a bath or scratch
No sports, no swimming
Keep out of the sun: UV light can filter through clothes
Call the doctor immediately if need be: pain, temperature, itching, redness, lingering bad smell…
Wash your hands before touching the treated area
Do not touch the treated area with bare hands
Avoid any direct or indirect contact between the treated area and pets

08.00: Blending & Bleaching® cream followed by MELABLOCK HSP® (even if not exposed to the sun)
12.00: Blending & Bleaching® cream followed by MELABLOCK HSP® (even if not exposed to the sun)
20.00: Renutriv ACE lipoic complex® followed by Phyto DHEA® cream
+ info on Skin Tech® products on www.skintech.info

Baths & showers allowed after the skin has regenerated, usually around 8th day
Sports allowed around 15th day
Sun allowed after 3 months (if no pigmentation problems)

REPEAT TREATMENT after at least 5 weeks
Results are definitive: treatment can also be repeated after 5 months or even 5 years…