

# STRETCH MARKS

Dermabrasion + Easy TCA®

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

PRE-PEEL PREPARATION		
<b>PRE PEEL</b> 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	
<b>BEFORE ABRASION</b>	Paracetamol + codeine tablet (30 min before treatment) Disinfect and degrease the skin (alcohol – acetone)	Sandpaper: in SKIN TECH® "Abrasion kit"®
ABRASION - ANESTHESIA - EASY TCA - OCCLUSION		
<b>ABRASION</b> (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
<b>Abrasion check: a few spots of blood + pain + keratinocyte touch = OK</b>		
<b>ANESTHESIA</b>	2% lidocaine+ adrenaline on a gauze pad, followed by 10-15 min occlusion	No anesthetic cream
<b>APPLY ETCA®</b> (N° 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 <a href="http://www.skintech.info">www.skintech.info</a>
<b>POST- PEEL MASK</b>	0.5 gr Easy TCA "post-peel mask" / surface 10cmx10cm	Post-peel Mask: in the Easy TCA® kit
<b>OCCLUSION</b> (duration of occlusion ?)	Superficial treatment: +/- 8 hrs Medium treatment: 8-16 hrs Deep treatment: 18-24 hrs	Some areas are not treated with occlusion: back Long occlusion = deep peel
BY THE DOCTOR	POST-PEEL CARE	BY THE PATIENT
<p><b>+8-24h hrs:</b> 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</p> <p><b>Between 1<sup>st</sup> consultation &amp; day 3:</b> be available for the patient.</p> <p><b>Day ≈ 3:</b> Remove dressing <b>gently</b> (maybe hydrate with physiological saline solution). Wash the silicone sheet. <b>NEVER TEAR SCABS DOWN</b> Replace it and cover with a thin layer of Vaseline®. Protect with a thick gauze pad. Avoid infections: antibiotics if necessary</p> <p><b>Day ≈ 5:</b> Same as day 3</p> <p><b>Day 7-8:</b> The skin is pink but regeneration should be satisfactory</p> <p><b>Weeks 1 to 6:</b> 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 &amp; 90, <b>at least</b>. Make sure there are no pigmentary changes, common in phototypes higher than 3 and check that reepithelialization is even.</p> <p>Obligatory <b>sun protection</b> for 3 months (Melablock HSP®)</p>	<p>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</p> <p>Call the doctor immediately if need be: pain, temperature, itching, redness, lingering bad smell...</p> <p>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</p>	<p><b>08.00:</b> Blending &amp; Bleaching® cream followed by MELABLOCK HSP® (even if not exposed to the sun) <b>12.00:</b> Blending &amp; Bleaching® cream followed by MELABLOCK HSP® (even if not exposed to the sun) <b>20.00:</b> Renutriv ACE lipoic complex® followed by Phyto DHEA® cream + info on Skin Tech® products on <a href="http://www.skintech.info">www.skintech.info</a></p> <p>Baths &amp; showers allowed after the skin has regenerated, usually around 8<sup>th</sup> day Sports allowed around 15<sup>th</sup> day Sun allowed after 3 months (if no pigmentation problems)</p>
POST INFLAMMATORY HYPERPIGMENTATIONS (PIH)		
<p><b>AVOID PIH :</b> Monitor closely, Blending Bleaching® 2to3 x/d and Melablock® HSP 50+ as soon as possible ("enriched" BnB if necessary ) <b>PIH started</b> in spite of monitoring: Blending Bleaching® + clobetasol cream + 3-6 % hydroquinone cream and Melablock® HSP50+ <b>PIH set in :</b> 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+</p>		
REPEAT TREATMENT after at least 5 weeks		
<b>Results are definitive: treatment can also be repeated after 5 months or even 5 years...</b>		