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Canal Walk Centre
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Vitamin A (Retinol) Peeling

What is Retinol?

Retinol is a type of Vitamin A. It is a fat soluble antioxidant vitamin which is essential for vision and bone growth. Besides this, topical retinol is very successful in treating skin ailments.

Indications

Acne, pigment (melasma/chloasma), anti-aging, skin rejuvenation, uneven skin tone.
We generally recommend six sessions, however, some individuals may require more treatments depending on the severity of their condition.

Contraindications

Immune disorders, pregnancy, allergy to Vitamin A.
You will be assessed by a qualified practitioner to deem your suitability.

Side effects

Dryness, mild to moderate peeling (no downtime), some people may experience erythema (mild reddening). When the skin peels it can sometimes feel a little sensitive or a feeling of tightness around the eye area can occur. All of these are normal side effects. Allergy to the Vitamin A is also a possible side effect, so the 2 week preparation is designed to minimise this risk.

Suitability

This treatment is suitable for all skin types.

Preparing the skin

You will be given a Retinol or AHA cream to apply for 2 weeks prior to your treatment.
Please apply this at night times only and wash hands immediately before and after application; **do not use any other products in conjunction with this**. It is essential that you wash your face the following morning with a cleanser advised by your practitioner and apply a minimum of SPF 30 with good UVA and UVB protection (these can be purchased from the clinic).

First treatment

You will not feel any heat or unpleasant sensation with the application of the Vitamin A. These treatments can be carried out alone or in conjunction with Micodermabrasion. 2 to 3 days (on average) after the treatment, you will experience mild to moderate peeling/dryness; peeling will not interfere with your daily routine so there is no need for 'downtime'. You will continue to use your Retinol product as before, commencing the day after each treatment. Treatments are usually given every 1 to 2 weeks; you will continue to use your cream and sunblock. Please note amount of peeling can vary according to the individual patient.