



# Exoderm Lift

## *What is Exoderm Lift*

Exoderm is a chemical deep-depth method that has been shown to exhibit excellent results in the treatment of a broad spectrum of ageing skin defects.

The basic formula for Exoderm was developed in 1986 and refined in 1990 by a group of chemists, plastic surgeons and dermatologists with the aim of attenuating the irritability of phenol as well as minimising the systemic and local complication associated with the classical phenol-peel solutions, while maintaining the beneficial effects of deep-depth peeling.

The Exoderm formula selectively melts the superficial layers of the skin, resulting in liquefaction of those layers while partially preserving the melanocytes in the basal layer. This limited exfoliation induces regeneration of the skin and stimulates the formation of new collagen and elastin fibres in the sub-epidermal zone. The ultimate result is a 'tightening' effect.

## *Best candidate for Exoderm Lift*

Exoderm method has the following indications:

- Wrinkles;
- Cutaneous pigmentation such as freckles, solar lentigo;
- Acne Scars;
- Deep Dermal Pits;
- Precancerous lesions, such as solar keratosis and early phases of basal cell carcinoma.
- The preparation for surgery consists of avoiding eyeliners and cosmetics on the day of surgery. Wash skin with soap, rinse with water. Do not apply any moisturiser. The procedure is performed under i.v. sedation.



## *How is Exoderm Lift performed?*

The solution is applied and it produces a white blanching of the skin. As soon as frosting is seen the area is rubbed dry with a dry cotton pad. The frosting disappears in a few minutes and is replaced by a red greyish colour. The skin becomes oedematous with puffy eyelids. The procedure is performed twice in all facial areas, except for the deep folds and rhytides, which are treated three to four times.

Following the procedure the skin is covered with micropore tape. The tape mask is easily removed after 24 hours, exposing an oedematous and pink skin. Brownish liquid from the macerated epidermis is removed by a dry cotton applicator. The face is then covered with a yellow powder. The powder acts as a protective antiseptic and regenerative mask, and is to be used continuously for 7 days.

On the eighth day, Vaseline is applied to the rigid mask in order to soften and remove the mask from the newly formed skin. Then you will use a water-based cream with a sunscreen daily.

The flushed looking skin can take several weeks to fade. During this period make up (green foundation) can be used under normal foundation to blend the skin colour. Soloquin can be used to reduce hyperpigmentation.

## *Risks and possible complications*

No permanent complications, such as scars have been observed. Homogenous lightening of the skin colour (apricot colour) was frequently seen and was well accepted and tolerated by the patients. Sometimes persistent erythema have been observed.

*This leaflet has been prepared to give a basic understanding of the procedure before a consultation takes place, and to cover many of the questions frequently asked about this type of cosmetic surgery. Final decisions should not be made until an individual assessment has taken place with the surgeon.*

*There is no obligation on the part of the patient to undergo surgery by attending for consultation. If you have any further questions or would like to arrange a consultation please do not hesitate to call us.*