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# HOW DOES A PATIENT FEEL ABOUT THE CARRYING OUT OF A FULL FACE PHENOL PEELING?

## BACKGROUND

Phenol peeling is a practical weapon without equal in the cosmetic surgeon's arsenal, replacing on its own, many lasers or a surgical action according to the indications and the quality of the desired result.

A number of studies have been carried out to evaluate the repercussions on the behaviour psyche of a medical procedure like a botulinum injection or cosmetic surgery procedures, breast surgery, face lifts, or rhinoplasty for example.

## MATERIAL & METHOD

The study is monocentric, retrospective and concerns three female patients, aged from 67 to 70, who were new to treatment phenol peeling treatment. These three patients benefitted from a full face phenol peeling, carried out by a doctor beginning his practice in this field.

## RESULTS



BEFORE

INTERMEDIATE

AFTER

### MOTIVATING FACTORS

Self-confidence is impaired by self-image before the decision is taken. The change in self-esteem is common but impacts the patients differently. The desire is clearly expressed as originating from themselves rather than from someone else. It comes from the personal well-being, rather than from appearance. Relationship with the practitioner can be described as the point of stability and of the success of full-face phenol treatment.

### THE CHOICE OF METHOD : DEEP PHENOL PEELING

#### The doctor / patient relationship: Act 1 Taking the decision

The feeling of goodwill towards cosmetic surgery procedures is generally expressed by the patients, but the rejection of its excesses is also plainly spoken about. The result must be natural. These are known by the doctor and have already made a request for improvement, because he practices cosmetic surgery. They have benefitted from this treatment after it has been proposed by the doctor who would like to try a new technique.

Despite the extent of the procedure largely explained by the practitioner, the patients are not apprehensive and have no fear regarding the potential serious toxicity of phenol. Their confidence in their doctor is paramount according to them. The reassurance and the possibility of contacting the doctor 24/7, during the week of convalescence is a very reassuring factor.

Taking the decision to have a phenol peeling is closely dependant on this doctor/patient relationship. It is their experience or their confidence in this doctor, which allows them to have the cosmetic procedure carried out.

### TREATMENT

#### The doctor/patient relationship : Phase 2 "Letting go"

Contrary to a surgical procedure which is made whilst unconscious under general anesthetic, phenol peeling is made while fully conscious.

The medicalization and monitoring, the sequence of events step by step and area by area as expected, the reassuring words of the doctor and his assistant, act as a permanent sedative.

This very special relationship with the doctor is described as the point of stability and of the success of the cosmetic procedure, for by his own reassuring and nurturing discourse, he allows the patient to take the necessary distance required to put up with the procedure. This letting go, allows the body to disengage to allow the surgery to take place, even without anesthesia.

Whilst local anesthetic is recommended during the phenol peeling process, seen more in certain publications, the author carried out the phenol peeling procedure on the three patients under simple medication delivered orally.

The patients did not regret not having anesthesia either during, or after the surgery.

### MANAGEMENT OF COMPLICATIONS

#### The doctor/patient relation : phase 3 - patience and compassion -

A return home for convalescence is preferred to being monitored in a hospital environment.

The dependance during the first 24 hours is less of a bad experience if a helper, the partner for example, can be permanently on site. Every effort at this vulnerable time seems to be experienced tenfold, in addition to the elements of everyday life.

The occlusion of the first day is hard to support. It acts like a physical constraint, a mask of immobility, which must be supported for 24 hours.

The reddening is the element which lasts the longest, even if it can be covered cosmetically, it acts as a reminder during the weeks following the procedure.

The relationship of dependency regarding the doctor continues at home. He must be contactable at all times, and even if he is not contacted, this simple possibility of being able to contact him is reassuring. His support role is even more important because he has the answers to any worries asked by the patient or their family.

### SATISFACTION

The patients are happy because the result is natural, well exceeding their hopes.

As with numerous studies evaluating the psychological impact of surgical intervention, the improvement of body image leads to an improvement in self image and to the reduction of psychiatric symptoms. The future will tell us if the well-being, and above all, the self-affirmation in a better regarded body, is really lasting over time.

It is as if the individual was seeking to verify the relationship to each other. From the start, cosmetic care is described as a necessity, linked to an internal motivation. The distortion between the real, older image and a state of mind. Once the procedure is completed, the eyes of others takes its place, as if there had been a denial of the regard of others at the beginning.

When the aesthetic and the facial rejuvenation have clearly appeared on their face, they don't systematically assume the fact of having had a phenol peeling.

## CONCLUSION

Phenol peeling is a real adventure, as much on the physical as the psychological plane. The doctor/patient relationship is at the centre of the process and its quality is indispensable to it being carried out. Born from a demand for oneself, the carrying out of a phenol peeling leads to a real improvement of image and of self esteem, leading to self confidence, just as many studies have shown follows on from cosmetic procedure.