

1 Tip to Erase Wrinkles

miraclephytoceramides.com

New anti aging secret revealed. Remove wrinkles fast. Try it today.



Metro Plus Chennai

Published on Mondays, Tuesdays,
Wednesdays, Thursdays & Saturdays

Best Anti-Aging Creams

www.iskincarereview.com

Read Expert and User Reviews on 2013's Top Anti-Aging Creams.



Features: [Magazine](#) | [Literary Review](#) | [Life](#) | [Metro Plus](#) | [Open Page](#) | [Education Plus](#) | [Book Review](#) | [Business](#) | [SciTech](#) | [NXg](#) | [Friday Review](#) | [Cinema Plus](#) | [Young World](#) | [Property Plus](#) | [Quest](#) | [Metro Plus](#) | [Bangalore](#) | [Chennai](#) | [Coimbatore](#) | [Delhi](#) | [Hyderabad](#) | [Kochi](#) | [Madurai](#) | [Thiruvananthapuram](#)



NOT SKIN DEEP

In search of good skin

If you are thinking of botox and chemical peels to take years off your face, think again, warns NANDHINI SUNDAR

Photo: K. R. Deepak



CAN WE DEFEY NATURE? Is it worth meddling with your skin?

You want that supple, glowing skin which makes you appear a decade younger. You yearn to smoothen those wrinkles lining your forehead, the crow's feet around your eyes. In vain you seek refuge in creams and miracle cures, both herbal and chemical, that promise to turn back the years.

When you seem to have hit the end of the road, you head for botox and chemical peels that promise to transform your face, wiping off many years from it. Leading skin clinics assure you about its safety, lulling fears and reservations. But do botox shots and chemical peels really work magic, sans side effects?

Botox, which is medically approved for treating rigid neck muscles, excessive sweating besides treating stroke victims, is best known for its use in smoothening facial wrinkles. Botox injections block nerve impulses to muscles, relaxing them.

Says Janet Martin in her article "Why botox may not be good for you", in Isnare.com: "The injections can cause adverse effects in nearby muscles like temporary drooping of eyelids when it is given to smooth eye creases. It can also cause systemic reactions or affect distant muscles. Common side effects are headaches, nausea, facial pain, drooling, even corneal ulcers."

The US Food and Drug Administration (FDA) has reported cases of serious effects like pneumonia, difficulty in swallowing and muscle weakness. According to the FDA, adverse effects surface some weeks after treatment. Statistics compiled by the FDA from 1997-2006 cited 16 deaths, 180 life threatening complications and 87 hospitalisations linked to botox injections.

Medically too, it has been admitted that injecting more than 2000 units can be toxic and a normal session is about 50 units.

Chemical peels

Chemical peels, which are becoming increasingly popular, are chemical solutions such as phenol, trichloroacetic acid (TCA) and alphahydroxy acids (AHAs) used for removing the outer layers of the facial skin. The treatment is done to remove damaged skin, reduce wrinkles, remove blemishes and uneven pigmentation.

Archives

- [Datewise](#)

Classified

- [Lead](#)
- [Life Style](#)
- [Fashion](#)
- [Music](#)
- [Personality](#)
- [Eating Out](#)
- [Madras Miscellany](#)
- [Issues](#)
- [Arts & Crafts](#)
- [Information Technology](#)
- [Shopping](#)
- [Heritage](#)
- [Miscellany](#)

News

[News Update](#)

[Front Page](#)

[National](#)

States:

- [Tamil Nadu](#)
- [Andhra Pradesh](#)
- [Karnataka](#)
- [Kerala](#)
- [New Delhi](#)
- [Other States](#)

[International](#)

[Opinion](#)

[Business](#)

[Sport](#)

[Miscellaneous](#)

[Index](#)

Advts

[Retail Plus](#)

[Classifieds](#)

[Jobs](#)

[Obituary](#)

Niyathi opted for a TCA peel recommended by a leading skin clinic as the solution for dark blemishes on her skin. "I underwent the specified number of treatments only to find that not only did the blemishes not disappear, the skin had developed an uneven pigmentation. Worse, my skin cannot be exposed to sun for long hours anymore."

While TCA involves medium depth peeling, phenol is the strongest and produces a deep peel. A brochure published by the American Society of Plastic surgeons lists the common side effects of any chemical peel as stinging, redness, flaking and peeling of the skin. With a TCA peel, the healed skin continues to produce pigment and needs to be protected from the sun only for a few months after the treatment. But phenol in most cases prevents the skin from producing pigment; this means the skin will permanently have to be protected from sun exposure.

At times, phenol also produces undesired cosmetic results such as uneven pigment changes. A consistent side effect of phenol chemical peel is permanent hypo pigmentation or lightening of the skin. It is hence not recommended for dark skin tones.

Concurs Sangeetha, who incidentally visited the same clinic for treating acne, "Not only did my condition get aggravated, I also had to contend with scars on my skin left by the chemical peels. On consulting a dermatologist, I learnt that the scars are permanent."

Who's treating you?

However Dermatologist Dr. Sachith Abraham of Manipal Hospital dismisses reports of such side effects, in botox as well as chemical peel treatments. "Complications happen when an untrained non-medical practitioner gives the injections or does the chemical treatments. Even in case of doctors, it is important to be trained in this area to ensure absence of side effects."

According to him, negative symptoms of botox also occur when it is accidentally injected into the vein. Similarly, in the case of chemical peels, it is important to assess the skin condition and use the correct strength of acid, besides using a good brand. He insists on proper counselling of patients before commencement of treatment.

(The names of the patients have been changed to protect identity.)

Common side effects of botox are headaches, nausea, facial pain, drooling and corneal ulcers.

Chemical peels may cause stinging, redness, flaking and peeling of skin.

Dermatologists say complications happen when an untrained non-medical practitioner administers treatments.

[Printer friendly page](#)

[Send this article to Friends by E-Mail](#)

Toenail fungus treatment

lasernailtherapy.com

Painless Nail Fungus Cure Expert
Doctors, Proven Results



[Metro Plus](#) [Bangalore](#) [Chennai](#) [Coimbatore](#) [Delhi](#) [Hyderabad](#)
[Kochi](#) [Madurai](#) [Thiruvananthapuram](#)

Features: [Magazine](#) | [Literary Review](#) | [Life](#) | [Metro Plus](#) | [Open Page](#) | [Education Plus](#) | [Book Review](#) | [Business](#) | [SciTech](#) | [NXg](#) | [Friday Review](#) | [Cinema Plus](#) | [Young World](#) | [Property Plus](#) | [Quest](#) |

The Hindu Group: [Home](#) | [About Us](#) | [Copyright](#) | [Archives](#) | [Contacts](#) | [Subscription](#)
Group Sites: [The Hindu](#) | [Business Line](#) | [Sportstar](#) | [Frontline](#) | [Publications](#) | [eBooks](#) | [Images](#) | [Home](#) |

Comments to : thehindu@vsnl.com Copyright © 2009, The Hindu
Republication or redissemination of the contents of this screen are expressly prohibited without the written consent of The Hindu