



# CHEMICAL PEEL

## Types of Chemical Peels:

There are several types of Chemical Peels, ranging in strength from mildly superficial, to deeply resurfacing; Alpha Hydroxy Acid Peels (AHA), Beta Hydroxy Acid Peels (BHA), Jessner's Peels, Retinoic Acid Peels, Trichloroacetic Acid Peels (TCA), and Phenol Peels.

### Superficial Peel:

Alpha Hydroxy Acid or another mild acid is used to penetrate only the outer layer of skin to gently exfoliate it. The treatment is used to improve the appearance of mild skin discoloration and rough texture, as well as to refresh the face, neck, chest, or hands.

### Medium Peel:

Glycolic or Trichloroacetic Acid is applied to penetrate the outer and middle layers of skin to remove damaged skin cells. The treatment is used to improve age spots, fine lines, wrinkles, freckles, and moderate skin discoloration. It can also be used to smooth rough skin and treat some precancerous skin growths - Actinic Keratosis.

### Deep Peel:

Trichloroacetic Acid or Phenol is applied to deeply penetrate the middle layer of skin to remove damaged skin cells. The treatment eliminates moderate lines, age spots, freckles, and shallow scars. Patients will see dramatic improvement in skin appearance. The procedure is used on the face and only can be performed once.

### Recommended Treatment:

It is generally advised to get a Chemical Peel every 4 to 6 weeks. However, if you suffer from acne, there are some peels that can be done every 2 to 4 weeks, until expected results are achieved. It is recommended that you purchase a series of 4 or 5 peels to get desired results.

### During the Treatment:

The entire process typically takes 30 minutes to 1 hour to complete. Once the peel is applied and begins drying, you may feel a burning or tingling sensation, due to the high acidic chemical composition. The amount of burning or tingling will differ by skin sensitivity and vary, based on the type of Chemical Peel. Even those with sensitive skin can find a suitable Chemical Peel.

## Chemical Peel:

A Chemical Peel is a skin resurfacing procedure in which a solution is applied to the area of treatment, to remove the top layers of skin. This shedding process will improve:

- **Hyper-pigmentation**
- **Sun Damage**
- **Melasma**
- **Textured Skin**
- **Discoloration**
- **Acne Scarring**
- **Surgical Scars**
- **Stretchmarks**
- **Fine Lines**
- **Wrinkles**
- **Collagen Production**
- **Elastin Production**

Many areas of the body are acceptable to apply a Chemical Peel.

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## **Pricing:**

Depending on the strength of the Chemical Peel, prices vary from \$100 to \$500.

## **Pre-Procedure:**

- Absolutely DO NOT go to a tanning salon for at least 3 weeks before or after a treatment.
- Discontinue use of Retin-A, Renova, Differin or any derivative of Vitamin A for 5 days, before and after your treatment.

Depending on the strength of the Chemical Peel, you may be asked to prep the skin for 2 to 4 weeks before your treatment. If it is a deep chemical peel, you'll be asked to prep your skin for 6 to 8 weeks with a cream.

## **Post-Procedure:**

- Most patients who undergo a Chemical Peel have minimal redness for 1 to 12 hours, depending on the strength of the peel. Due to the nature of these treatments, you may experience light to medium flaking for a few days. Your skin may feel tight and dry. Apply moisturizer frequently, as needed.
- Unless recommended by your aesthetician, DO NOT apply topical medications, AHA or BHA products to the area for 5 to 7 days after your treatment, as they may be irritating.
- It is recommended that you do not apply makeup the day of your treatment. It is ideal to allow the skin to stabilize and rest overnight. Makeup can be applied if necessary, the following day.
- Follow your appropriate home care regimen as directed by your aesthetician. It is recommended you purchase a post-procedure kit or products to achieve maximum results.
- Avoid direct sun exposure and excessive heat for at least 7 days, as getting overheated internally can cause hyper-pigmentation. Always use sunscreen for your protection.
- DO NOT pick or pull at loose skin, as this can cause hyper-pigmentation and scarring.
- DO NOT have electrolysis, use chemical depilatories or wax the treated area for at least 7 days.

## **Days 2-4:**

- DO NOT apply ice or ice water to the treated areas. Vinegar soaks may be used if needed.
- DO NOT go swimming, or put your face directly into a hot shower spray, or use a steam room, jacuzzi, or sauna.
- DO NOT participate in activities that would cause excessive perspiration.
- DO NOT use a Buff-Puff or other means of mechanical exfoliation.

Deeper Chemical Peels require more recovery time. Please speak with your doctor for more information.