

## **CHEMICAL PEEL OVERVIEW & AFTERCARE INSTRUCTIONS**

### **Overview**

#### **What is a chemical peel?**

Our chemical peels contain the naturally occurring acids, lactic, salicylic, resorcinol and retinoic acids. These agents are applied directly to your skin and gently react with the surface of your skin to help reduce the visible signs of aging. The unique combination of these acids in the peel smoothes away fine lines and wrinkles. Chemical peels are most effective when used in a series of treatments spaced over several months.

#### **What do chemical peels do?**

- Improve skin texture and tone
- Improve the appearance of fine lines due to accumulated sun damage
- Promote a healthier, more youthful appearance
- Lighten pigmentation problems

#### **How is it done?**

The procedure only takes a few minutes. No anesthesia is required. The area to be treated is first thoroughly cleansed with a gentle cleanser. Next, a series of solutions are systematically applied to the surface of your skin using a soft gauze sponge. The treated areas are then soothed with wet compresses and moisturizer and sunscreen are applied.

#### **What are the side effects?**

Patients may experience the following sensations and conditions following a peel procedure: redness, stinging, itching, burning, tightness, minor swelling and peeling of the superficial layers of skin. These sensations gradually diminish over the course of a week. Chemical peels may also cause pre-existing skin conditions to flare such as peri-oral dermatitis, acne, or herpes simplex (i.e. cold sores). ***Please alert Dr. Lee if you have a history of any of these conditions.***

Some patients may experience skin darkening or lightening after a chemical peel. If left untreated, these conditions generally resolve with time. In extremely rare instances, changes in skin color can be prolonged or permanent.

### **Aftercare Instructions**

Following your chemical peel, your skin may experience some stinging, burning, redness, tightness and sensitivity. You may look or feel like you have a mild windburn. After 48 hours, a slight flaking may occur, which can be controlled with moisturizers. Non-irritating make-up can be applied and worn immediately after and during the peeling process. It is extremely important to use sunscreen during this period, as your skin will be more sensitive to sunlight and prone to sunburn.

You should avoid the sun, glycolic acids, topical Vitamin C, scrubs, and retinol creams during the peeling process. Let your skin shed at its own rate and refrain from pulling or peeling shedding skin to avoid scarring and irritation. After one week, your skin should look clearer and smoother and you can resume using your normal skin care products.

***For true emergencies, please call our office immediately to speak with a physician.***