



Chemical Peels

A mild chemical peel is a non-invasive technique for restoring wrinkled, blemished, unevenly pigmented, or sun-damaged facial skin. A chemical solution is used to peel away the skin's damaged outer layers. The new cells and collagen are stimulated during the healing process to produce a smoother, tighter, younger-looking skin surface. Chemical peel can be used on the entire face or on specific regions such as the forehead or areas around the mouth. A peel does not eliminate sagging or excess skin. Each treatment is customized for patient skin type, specific problem areas and the delicate areas of the face. The depth of the peel is dependent on the concentration and type of acid, the duration of contact, and a person's skin type and sensitivity. The treatment issues will be discussed during your consultation with the Personal Image Consultant.

Alpha-hydroxy acids (AHAs), beta-hydroxy acids (BHAs) light or "lunch-hour" peels include glycolic, lactic, and fruit acid peels (AHA) or salicylic acid (BHA). Chemical peels improve the texture of sun-damaged skin, brighten your complexion, minimize pore size, balance skin pigmentation, and diminish some types of acne scars. They burn off only the outer layers of the skin to smooth out fine wrinkles and/or rough, dry skin.

Recent discoveries have shown that when a series of peels are performed within a short time interval, the effect is greater than one deep peeling procedure with a long and inconvenient recovery time. Typically, with a mild peel one can expect a small degree of slight stinging during the procedure. Chemical peels generally cause some flaking, redness and dryness, or skin irritation as the body heals itself naturally. The outer layer of skin will fall away leaving a fresh new layer of healthy skin.

About Chemical Peels

Most commonly performed for cosmetic reasons -- to enhance your appearance and your self confidence

- Every person will respond a little differently to the peel series
- The procedure takes approximately 20 minutes.
- A minimal amount of redness and tingling develops, which ends within one hour
- Within 2 to 5 days, a light peeling is faintly visible and lasts about 5 days.
- A series of peels may be needed. The peels are administered three times at two-week intervals for maximum results.
- If you have a history of herpes, you should inform your technician prior to the procedure.

Indications for Treatment:

1. Facial blemishes
2. Uneven skin pigmentation
3. Remove pre-cancerous skin growths
4. Soften acne facial scars
5. Control acne
6. Fine lines and wrinkles around the eyes
7. Dull, flat, "tired-looking" skin
8. Brown spots and age spots
9. Discoloration from acne
10. Sun damaged skin
11. Rough, dry skin

Before Treatment:

- Sign the Chemical Peel Consent Form
- No make-up should be worn to the office
- No anesthesia is needed for AHA peels
- The skin is cleansed thoroughly to remove all oil and debris
- The peeling agent is applied evenly to the skin surface
- The agent is rapidly neutralized after several minutes with another solution
- Ice may be applied if needed

After Treatment:

- May experience some stinging, redness, irritation and crusting
- Common to experience some temporary flaking or scaling, redness and dryness of the skin
- Do not touch or peel the flaking skin, add moisturizer
- Frequent face washing with water is discouraged (too drying)
- If drugs for herpes were prescribed, they should be continued for one week
- Immediate return to normal activities
- Use After Care products as instructed to keep the skin clean and moist
- Begin a regular program of sunscreens and sun protection. Avoid sun exposure for one month following the series of peels.