

CHEMICAL PEEL OVERVIEW

A chemical solution is applied to the skin. Over the next 1 to 14 days, depending on how deep the chemical penetrated the epidermis, the skin "peels" off. This procedure dissolves parts of the skin in a controlled way so that new skin is revealed. A chemical peel can restore a more youthful appearance to the skin by stimulating collagen and reducing fine lines, wrinkles, uneven pigmentation, and sun damage.

PRE-PEEL

- Stop using Retinols/Tretinoin 2-6 days before peel.
- A peel can be administered before injectables.
- Wait 7-14 days before or after having facial laser hair removal or using depilatory creams.
- Clients with a history of herpes simplex 1 virus should pre-medicate with appropriate antiviral medications.
- Clients with active cold sores or warts, wounded or sunburned skin are not advised.
- Avoid any skin irritants, including retinols, glycolic and salicylic acids, benzoyl peroxide, astringents, and Vitamin C.
- Continue to use other skin care products, including a hydroquinone or lightening agents, as advised by your skin care clinician.

POST PEEL

- Avoid sun exposure and wear physical sunscreen daily to avoid damage and discoloration from UVB/UVA rays. Physical SPF using zinc and titanium dioxides are recommended. (ie: Tizo, Replenix SPFS0, SC Physical fusion or physical matte)
- Avoid scrubs, Clarisonic, Retin-A, AHA's, or Benzoyl Peroxide for 5-7 days.
- DO NOT PICK OR PULL THE SKIN as scarring and hyperpigmentation can occur!
- It is safe to wear makeup the same day depending on the level of peel. Advanced peels: avoid makeup for 3 days or during the peeling phase.
- Avoid strenuous exercise that would create sweat or perspiration with advanced peels.

WHAT TO EXPECT:

- Your skin may appear pink or red. It will feel tight and have residual dryness and flakiness for up to 3-7 days.
- Potential dry patches or tiny "scabs" where extractions were performed may be visible for 3-7 days.

NOTE: Not everyone will experience "peeling" of their facial skin. This is not an indication that the peel was ineffective. Benefits of a peel include stimulation of collagen production, improvement of skin tone and texture diminished fine lines, and reduced hyperpigmentation.