

CHEMICAL PEEL PRE-OP INSTRUCTIONS

Chemical peeling involves the application of an agent to the skin which causes it to separate and peel off after a few days. It will help **REDUCE** the signs of sun damage (fine lines, freckles and uneven skin tone) or acne marks. Chemical peels typically do not go deep enough to work on most wrinkles-those are better addressed with other procedures. No procedure can guarantee removal of ALL blemishes or damage acquired by years of sun exposure.

BEFORE THE PEEL:

- **SUNSCREEN:** plan on using sunscreen daily; there is no point in trying to reverse/reduce sun damage if you are still trying to get tan.

WHAT TO EXPECT DURING THE PEEL:

- Application of the peeling agent causes some discomfort which does not last long. As soon as the treated area “frosts” (it looks like a light pink film over the skin), a baking soda solution will be applied to neutralize the acid of the peel. This will relieve the discomfort immediately. Tylenol or Advil can be taken if necessary.

WHAT TO EXPECT WHEN YOU LEAVE THE OFFICE:

You will look like you have a light pink or white “film” or frosting on your skin, and you will have a thin layer of ointment on the treated areas. The light pink look will fade leaving a mild redness like a sunburn, typically within an hour or two.

DAILY: Keep all treated areas covered with a thin layer of moisturizer recommended by your aesthetician. The ointment application will need to be repeated several times a day as necessary to keep the area from feeling dry. Your treatment area must not be allowed to dry out (with hard scabs and crusts); doing so will increase your risk of scarring.

AT NIGHT: Apply a coat of ointment prior to going to bed. You may decrease the amount and frequency of ointment each day as your skin heals, eventually just spot treating any residual peeling or raw areas. Most patients will actually peel more than once; with subsequent finer peeling over 2-3 weeks. Call the office immediately if you have signs of infection such as fever, blisters, pustules, or thick yellow or green drainage (not clear yellow- that is normal. **ACNE** may flare up the week following resurfacing. Spot application of an over-the-counter benzoyl peroxide product such as Clearasil for sensitive skin will typically do the trick.