

Advanced Dermatology Care

Advanced Esthetics

Chemical Peels

Since the ancient Egyptian times of Cleopatra using sour milk soaks (which are actually Lactic acid chemical peels!) to rejuvenate her skin, chemical peels have been used to improve the skin's appearance. A chemical peel involves the application of a chemical solution to the skin to remove the damaged layer of skin cells, causing it to exfoliate (eventually peel off). In addition to treating acne, peels help remove sun damaged skin, and accelerate the cell renewal process, stimulating collagen and improving the elasticity of the skin. As with any gentle enhancement treatment, best results are obtained with a series of treatments.

What chemical peels can do:

- Improve discoloration caused by sun damage
- Diminish fine lines/wrinkles
- Soften superficial scars
- Reduce acne

What chemical peels can NOT do:

- Remove excess and/or sagging skin. A brow, eye, neck and/or face-lift may be required for desired results.
- Remove deep wrinkles and/or scars. Dermabrasion, Fraxel Re:pair CO2 ablative laser resurfacing, fillers, punch excision/grafting, surgical excision, or a combination of these treatments may be needed.
- Treat facial blood vessels

Side effects of chemical peels:

Common side effects of chemical peels in general include redness, burning, itching, mild to moderate irritation, swelling, discomfort, sun and wind sensitivity, acne flares, and temporary discoloration of the skin. They may also cause reactivation of "cold sores" (herpes infection), so it's important to inform your cosmetic specialist if you've had a history of this as you may need medication prescribed. Side effects vary with one's personal skin characteristics, medical history, as well as the intensity of the chemical peel chosen.

Types of chemical peels:

At Advanced Esthetics, several types of chemical peels are offered. The choice of chemical peel selected depends on one's medical history, individual goals, and skin needs. Your cosmetic care specialist will help determine which type of chemical peel is right for you.

Glycolic Peel:

This is a light peel that's helpful for photo damaged, and/or dry skin. There is minimal downtime. The skin will look slightly pink for the day of the procedure. This peel is especially helpful for people with Rosacea, as it tends to minimize inflammation.

SM Peel:

This is also a light peel that is helpful for acne, patients with sensitive skin and/or darker skin tones. There is minimal downtime. The skin will look slightly pink for the day of the procedure. Patients with an allergy to Aspirin should not have this peel done, as it contains salicylic acid (aspirin).

Vitalize Peel:

This is a slightly deeper peel that includes a retinoic acid application to stimulate dermal collagen cells and elastin. This peel can be somewhat uncomfortable, but produces greater effect. Patients with an allergy to Aspirin should not have this peel done, as it contains salicylic acid (aspirin). Initially the skin will take on a pronounced yellowish hue for the first two hours or so. Over the next several days the skin will feel tight, and may look "wind burnt". Mild flaking and peeling begins and can persist for up to a week. Treated areas may peel more than once. The Vitalize, SM and Glycolic peels may be done 2-4 weeks apart.

Melanage Skin Lightening System:

This is the first Hydroquinone plus Retinoid masque for the treatment of hyperpigmentation (darkened skin areas). It also contains an array of antioxidants, and anti-inflammatory ingredients. In addition to improving the skin's tone, this superficial peel also improves texture, and stimulates collagen to aid in diminishing fine lines and wrinkles. This masque may be used on all skin types, including those with higher Fitzpatrick Skin Types, as melanin is inhibited simultaneously with peeling of the skin.

The masque is compounded freshly immediately prior to the procedure, assuring potency and reliability. The masque is applied at Advanced Esthetics, then worn home, with instructions to wash off between 5 - 10 hours later. (The specific amount of time is determined by your cosmetic specialist, per your skin's needs.) There is no pain, and little-to-no irritation during the application of the mask, and typically, the irritation level on the following days is more like a sunburn. The skin will start to peel roughly 48 hours after the initial application of the masque, and will continue to peel for approximately 2 - 5 days. In addition to the initial masque application, you are provided with additional specialized topical solutions (Melange Crème 2 with Vitamin A and Hydroquinone); Anti-Redness Foaming Cleanser; Anti-Redness Soothing Balm; Antioxidant Soothing Balm Sunscreen SPF 30; Intensive Barrier Repair Moisturizer) to apply over a series of several days. This unique prolonged application process greatly assists in achieving the best results for your skin. This peel may only be done every six months.

Preparing for a Chemical Peel:

Avoid the following for at least one week prior to your treatment: sun exposure/tanning; electrolysis, and/or depilatory creams; laser hair removal; any exfoliating products; products that may dry or irritate your skin including products with salicylic, alpha hydroxy, or glycolic acids. Avoid shaving the area to be treated on the day of the peel. Also, make sure to thoroughly remove all make-up prior to your treatment.

After a Chemical Peel:

Do *not* apply any topical medicines to your skin including make-up for the duration of the day. Avoid washing your face, if possible, until the following day. For 1 week, wash face gently twice a day with Cetaphil or Cerave wash or a gentle antibiotic wash (e.g Cetaphil antibacterial bar soap). While washing your face, do not scrub and do *not* use a washcloth, as your skin will be extra sensitive. Apply a non-comedogenic moisturizer while your skin tightens and eventually peels. Avoid vigorous rubbing and do not pick at the peeling skin as this may cause scarring, and permanent discoloration. Following treatment you must avoid direct sunlight for the next several weeks to protect your skin from UV exposure, and wear a broad spectrum sunscreen of at least a SPF 30 daily, especially while the skin is still pink and healing. If your skin is too sensitive for sunscreens with chemical blockage, a sunscreen with physical blockers (Zinc Oxide, Titanium Dioxide) is generally better tolerated. Use sunscreen/sun block with both UVA/UVB protection of at least SPF 30 daily. Use sun protective clothing, such as wide-brimmed hats. Avoid sun exposure, especially during peak hours (10am-3 pm). Wait until the peeling process is complete, and the skin has healed, before having any other cosmetic or medical facial procedures.

Who should not have chemical peels:

Those with an allergy to Aspirin should not have a SM or Vitalize peel, as they both contain salicylic acid. Patients who have taken Isotretinoin (Accutane) within the past 6 months, are pregnant or breastfeeding, have active cold sores, warts, or open sores in the treatment area, extremely sensitive skin, or who are currently undergoing chemotherapy or radiation therapy should not have chemical peels.

**To determine if you would benefit from Chemical Peels, please
call 651-484-2724 to schedule a consultation at Advanced Esthetics.**