



Chemical Peels

Commonly Asked Questions:

What is a chemical peel?

A chemical peel is an alpha-hydroxy acid (glycolic acid) that is applied to the face to help slough off dead skin, also helps even out skin tone, reduces fine lines and wrinkles, fights bacteria causing acne and makes the pores smaller. Most of our chemical peels are considered superficial. After the chemical peel is removed the skin is examined under a magnifying lamp and any comedones and/or milia are extracted.

What should I expect to look like?

Depending on the sensitivity of the patient's skin the patient might have a slight pink hue to the face, but this usually fades before the patient leaves the office. Two to three days after the chemical peel the patient will notice flaking which will resemble peeling from a mild sun burn. We ask that the patient avoid sun exposure for two to three days after the peel and wear at least an SPF of 30.

How many do I need?

We recommend the patient complete a series of three to four peels, receiving one peel within a four week period. This does not harm or weaken the skin. Each time the patient comes in we increase the level of the peel to see better results. After the series of peels (3-4) we recommend the patient come in every two months for maintenance.

What will it feel like?

Introducing any alpha-hydroxy acid to the face can be slightly irritating or itchy. Depending on the level of the peel and what part of the body we are treating, the patient may feel a sting accompanied by a warm sensation.

Can I wear makeup?

Yes. Makeup can be worn immediately after any of our chemical peels. Although makeup that contains salicylic acid (**acne or blemish clearing makeup**) should not be worn for three days after. Before applying any makeup it is recommended to test a small area on the face to see if there is any irritation.

Extractions are also available, for in between Facials or Chemical Peels. Often patients attempt to drain and extract acne by squeezing or picking which can lead to infection and worsening acne scarring. Extractions are recommended for patients who have blackheads and severe acne, to minimize scarring. Extractions are most beneficial when a patient has been on a retinoid for at least a month; this brings everything to the surface. The process is only about thirty minutes long. We steam the patient to soften the skin and do the extractions.

Please let your aesthetician know **before your appointment if you are allergic to aspirin, have a history of cold sores, or are pregnant or breastfeeding.*