



## Chemical Peel Information Sheet

High quality in-office chemical peels done 3-6 times during the fall and winter months can gradually improve your skin without major downtime. They are an effective treatment for fine lines, wrinkles, mild acne scarring, acne, rough skin texture and/or skin discoloration. Multiple peels are usually required to see reversals of sun damage. Because it takes time for the skin to rejuvenate itself between peels, we usually space them 30 days apart. “Slow and steady wins the race” is our motto here.

Some people lack any perceptible peeling, while others experience a significant separation of the top layers of skin with considerable peeling over 1-3 weeks, especially around the mouth.



*It is important to keep in mind that everyone responds differently to chemical peels.*

In our office, we perform the cosmetic “Rejuvenation Peel” (Modified Jessner solution with Retinoid acid) and the Medical TCA peel (trichloroacetic acid). We recommend peels be done through the Fall or Winter months because sun avoidance is imperative during the peeling process to avoid discolorations.

Items that are important to have on hand at home for your peel are a gentle, bland moisturizer such as Aveeno™, Vanicream Lotion™, or Cetaphil™ and a gentle, bland cleanser such as Neutrogena Fresh Foaming™, Basis™ soap, Purpose™ soap, etc. After the peel, your skin will be sensitive for 1-3 weeks.



Most of your skin will slough off in the shower. Please do not use a washcloth during the peeling process. You may use a smooth motion with your bare hands when washing. Let the skin slide off. Pat dry and moisturize as many times a day as it takes to keep the skin supple.

If it's sunny and you will be outside, please wear a hat and chemical free sunscreen. We have a smooth zinc oxide and titanium dioxide based sunscreen available for purchase in our office. It is tinted like a foundation, is spf 30-50 and can protect your skin daily.

*If you decide to have a chemical peel with us and you have a history of cold sores, please let us know! You will need to take Valtrex™ to avoid developing a cold sore from the peel.*

We highly recommend the glycolic acid wash that we sell in our office to use between peels to continue the rejuvenating effects of peels. In the summer, we recommend *no peels* but do recommend our Retinoic acid peel pads or Night Renewal cream to use twice a week from April-August. You can use these products more often in September -March to improve discolorations. If you are interested in purchasing these, please ask our front desk. Thank you for choosing Professional Dermatology Care for your skin needs!