



CHEMICAL PEELS

Chemical peels improve the skin's upper layers by inducing a healing effect as damaged layers of skin are replaced by healthy ones. Peels are usually divided into superficial, medium or deep. Medium to deeper peels are better for older patients with thicker, sun damaged skin. These patients benefit from a stronger peel that exfoliates all the superficial layers of the skin and stimulates the dermis to produce more collagen. Younger patients with acne-prone skin, blackheads or blocked pores usually benefit from a salicylate peel.

This information sheet outlines the suggested treatment, its risks, and pre- and post-treatment care instructions. It is important that you read all information carefully and completely. Your doctor/nurse may provide you with additional or different information which is based on your particular case.

TREATMENT AREAS

- Acne or acne scarring
- Blocked pores / follicles
- Dry, dehydrated skin
- Fine lines and wrinkles
- Sun damage and sun spots
- Pigmentation/melasma
- Dull, sallow complexion
- Uneven skin surface

CONTRAINDICATIONS

Some patients are not suitable for chemical peels. The treatment should be avoided if:

- You have used Roaccutane in the last 6 months.
- You have active herpes simplex (cold sores).
- You have facial warts or inflamed skin.
- You are pregnant or trying to conceive.
- You tend to form keloid or hypertrophic scars.
- You suffer from allergies, blood vessel, kidney or liver diseases, diabetes, influenza, chicken pox.
- You have or had treatment for cancer.
- You have a sun burn or have had significant sun exposure in the last two days.

PRE-TREATMENT

Please take these precautions prior to undergoing a chemical peel:

- Skin should be free of all open wounds and cold sores.
- Please let your doctor/nurse know if you are currently taking Roaccutane.
- Stop smoking two weeks prior to treatment.
- Antibiotics should be commenced one day prior to a medium/deeper peel.
- Keep skin free of make-up on the day of your peel.
- Stay out of the sun prior to treatment.
- Do not apply home exfoliating treatments one week prior to treatment.



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SIDE EFFECTS

- The procedure may cause swelling or puffiness of the treatment area.
- The procedure may cause the skin to appear red and peel like a sunburn.
- You may experience redness, stinging, itching, burning, mild pain, tightness, peeling and/or scabbing of the superficial layers of the skin. These sensations will gradually diminish over the course of one week as the skin returns to normal.
- In severe cases, the skin may turn very red, blister, swell, scab or crust. The skin may feel uncomfortable and appear like a very bad case of sunburn.
- There is a risk of developing temporary or permanent post-inflammatory pigmentation.
- There is an incidence of triggering an outbreak of cold sores if you have a history of Herpes virus.
- There is a small incidence of a flare of acne-like lesions after a peel procedure.
- There is a rare incidence of scarring and infection.

POST-TREATMENT

With superficial chemical peels, most patients see mild improvement in their skin within 24 hours. Skin can feel dry a few days later, so it is wise to apply moisturiser. Results take a few more days with a deeper peel, but after the necessary recovery period the skin looks healthy. However, no guarantees can be made as to the concrete condition of the skin, pore size, wrinkle reduction, or the amount or percentage of improvement following the treatment.

Superficial peels are best done as a series of six every three to four weeks to achieve the desired results. Medium depth TCA peels can be done once to twice a year.

AFTERCARE

The peeling process usually takes about 3-7 days, although it may last longer. The peel procedure contains acids that may increase the skin's sensitivity to the sun and particularly the possibility of sunburn. The use of sunscreen, protective clothing such as a hat, and limiting sun exposure for at least a week following the procedure are highly recommended.

- Always wear sunscreen, protective clothing such as a hat, and limit sun exposure for at least a week following the treatment.
- When cleansing, do not scrub and use a gentle cleanser.
- Do not peel, pick or scratch the treated area as this may result in scarring.
- Apply Vaseline or QV intensive face cream to dry, flaky areas or as directed by your doctor/nurse.
- Avoid other facial treatments for at least two weeks after your peel or until the skin is smooth and back to normal.

If you have any questions or concerns, please call us on 6228 0041.