

# Advanced Dermatology Care

## *Advanced Esthetics*

### Chemical Peels

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

Since the ancient Egyptian times of Cleopatra using sour milk soaks (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 us 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 down time. 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 down time. 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 Minipeel HP:**

The Melanage Minipeel HP represents a new generation of chemical peels that helps improve brown spots caused by sun damage and Melasma; it's safe to use on all Fitzpatrick skin types, even patients with darker complexions. It uses a combination of Lactic, Azelaic and Phytic acids to enhance the overall health and appearance of the skin; it improves skin tone and texture, reduces acne breakouts, and stimulates collagen production to soften fine lines.

The Melanage Minipeel solution is applied during an in-office visit, worn home and removed by the patient after a required length of time (usually 2+ hours) depending on his or her skin type. Most patients experience a mild tingling sensation during the application of the peel solution. Mild to moderate redness and peeling will begin shortly after treatment, and persist for up to 1 week. A skin care kit is sent home with the patient to use to help cleanse, protect and moisturize the skin while it's healing; a Melanage 2 Cream is also sent home that will help continue to lighten brown spots and improve skin tone. For best results, a series of 3-6 treatments is recommended at 3-4 week intervals.

### **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 Glycolic, Salicylic, or Vitalize 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). 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. For the next 2-3 weeks, protect your skin from sun exposure. 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-3pm). Wait until the peeling process is complete, and the skin is healed, before having any other cosmetic or medical facial procedures.

### **Who should not have a chemical peel:**

Those with an allergy to Aspirin should not have an 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.