



Questions and Answers About Chemical Facial Peels

1. **What will chemical peels do for my skin?** Chemical facial peels help to smooth and freshen the complexion. The treatments help to decrease the signs of sun damage, minimize fine lines, even skin tone, decrease discolorations, and smooth rough skin. The peel will reduce the frequency and severity of acne breakouts.
2. **How is the peel performed?** First the face is cleansed using mild soap and water to remove make up and debris. Then a pre peel cleansing pad is used to further clean the face. Next the chemical is applied to the skin using a sponge. Mild burning will occur while the chemical dries, a fan is used to help minimize the burning and increase comfort. In 2-4 minutes you will gently wash the chemical off. Then a post peel moisturizer will be applied.
3. **How many peels will I need?** Most clients should plan on one peel a month for a total of 5-6 peels. The results are gradual but long lasting.
4. **What are the risks?** Adverse reactions to chemical peels are rare but can include redness, peeling, scabbing, infection, recurrence of cold sores, prolonged sensitivity to wind and sun, and areas of persistent darkening and lightening of the skin. We do not perform peels on patients that have used the acne medication, Accutane, during the prior six months.

Client Instructions for Chemical Facial Peels

Pre-Peel

1. Avoid using self-tanners, masks, scrubs or exfoliating agents for at least 48 hours prior to the peel.
2. Stop glycolic acid and Retin A/Renova products 48 hours before peel.
3. Do not wax facial hair for 48 hours before peel.
4. Notify us if you have a history of cold sores, fever blisters or herpes outbreak anywhere on the face prior to the appointment.
5. Avoid sun exposure and tanning for at least a week prior to your peel.

Post-Peel

1. Avoid exercise and sweating (sauna) for a few hours after the procedure.
2. Avoid the use of abrasive or exfoliating sponges until face returns to normal condition.
3. Apply a fragrance free moisturizer (Neutrogena facial lotion, or Cetaphil lotion) twice a day.
4. Avoid products containing alpha-hydroxyacids until the skin returns to normal condition.
5. Do not peel the skin, pick the skin, scrape or scratch the skin, expose the skin to sun or sun lamps, or use a mask on the skin until the skin returns to normal condition.
6. If possible delay the use of make-up for 24 hours, if you must use very lightly.
7. Call University Health Services for any questions or concerns at 617.287.5660