

What Should I Do To Care For My Skin While It Heals?

-You will need to stop your skin cream regimen at time of peel. You should shower twice a day and apply generous amounts of Vaseline ointment frequently for 5 days following the peel. You may switch to moisturizing sunscreen after day 5.

-Apply only sunscreen with moisturizer or bland moisturizer if the sunscreen stings. You may return to your regimen after the skin has peeled and is pink, usually by 2 weeks

-You may apply makeup over this peel after 2 weeks, but coverage of the peeling skin may not be complete.

-Do **NOT** pick or exfoliate the peeled skin or scarring could result! Remember that your skin will be more sensitive than usual! You should avoid astringents, toners, and exfoliants.

*Emollients with sunscreen: Purpose 30, Oil of Olay Complete, Neutrogen Facial Sunscreen, cetaphil, ceravae, or Eucerin Facial sunscreen are encouraged for the morning moisturizer. Banana boat no tears for kids.

*Emollient Options if not able to use moisturizer with Sunscreen:Vaseline Ointment, Aquaphor, CerVae Cream, vanicream, or Cetaphil Cream should be applied to the entire face 3X's per day or more after peel until healed.

-Altreno®, and sunscreen use is typically recommended after a chemical peel.

Regenica® or Anteage® can Resume Day 3

-<https://anteage.com/>

What Side Effects Can Result From A Chemical Peel?

Severe swelling or crusting of an area does not usually occur, but may happen if you are sensitive to one of the ingredients.

Occasionally, dormant HSV (Cold Sore Virus) can be activated by chemical peels. We encourage you to take a 3 day course of antiviral medication after the procedure. Call if you need rx.

Please contact our office if severe swelling, local crusting, or fever blisters develop.

What Is The Cost?

Cosmetic Consultation: \$75

Single Cosmetic Unit TCA

35%: \$250 per peel (only sectional therapy)(ie.cheek or chin or forehead or temple)

Whole face TCA 35%: \$550 per peel (pre-tx with salicylic acid)

Additional fees may apply for larger or complicated areas. Refissa®, Reginica®, Anteage® and sunscreen use is typically recommended after a chemical peel usually resuming 4 weeks after the peel

**Greater Des Moines Dermatology
2424, 128th st, Urbandale, Iowa 50323
Phone515-243-8676 Fax515 243-0487**

www.greaterdesmoinesdermatology.com

Like us: www.facebook.com

www.healthgrades.com

www.vitals.com www.realself.com



gdmdermatology



MEDIUM DEPTH CHEMICAL PEEL

GDMD

Greater Des Moines Dermatology PC

Timothy Abrahamson, MD ^{5 2021}
Jake Lorsung PA-C

INTRODUCTION

Rejuvenation of the skin and reversal of the aging via chemical peeling has emerged as an exciting supplement to basic skin care. Chemical peels are the most proven of all rejuvenation techniques, with peels being reported as far back as Egyptian times.

Light peels to correct mild defects, medium peels to correct moderate defects and deep wrinkles. These can be used over the entire face. Only medium peels get to the deeper dermal skin.

-Chemical peels should usually be supplemented by the peeling effects of Retin-A (tretinoin) or the more elegant Altreno® on a daily basis. This gives a constant turnover of the top layers of the skin. Peels can be used to eradicate sun damage and prevent the re-occurrence of pre-cancers of the skin. Many times medium peels are used to reduce facial aging by reducing wrinkles and evening out textural changes.

-As chemical peels "wound" the skin to promote new collagen and elastic tissue. The length of recovery and risks of the procedure increase with the depth of the peel. The erbium laser has less benefit than most peels of medium depth.

-However, risks of permanent pigmentary changes and scarring may occur with deep peels and CO₂ laser therapy. Medium chemical peels are for more significant facial textural changes and deeper wrinkling. They reduce pigmentary changes, treat mild to moderate wrinkles, and give the skin a more youthful look.

What Can Medium Depth Chemical Peels Do?

1. Improve sun damage (Actinic Degeneration)
2. Treat moderate scarring and wrinkling
3. Reduce rhytids (Wrinkles)
4. Improve irregular hyperpigmentation, freckling, and dyspigmentation
5. Improve comedonal acne
6. Treat precancers and actinic damage
7. Improve skin texture
8. Can reduce tattoo appearance
9. Medium peels improve the quality of the skin and penetrate to the mid dermis. The ability of the skin to tan again and return to the same color after peeling or sunlight exposure may be modified.

Medium peels do have some "downtime", typically returning to "normal" in 3-4 weeks. Most patients should take a few days off work and avoid make up. With medium and especially deeper peels (phenol), the color of the skin is lighter after peeling and may not ever tan as deeply; instead it may freckle.

-What Chemical Peels Cannot Do:

- Chemical peels can only change pore size slightly
- Chemical peels cannot improve lax skin; removal of fine wrinkling and cross-hatching may not make any difference if there is profound lax skin that needs a face lift.
- Chemical peels cannot improve deep scarring (needs excision).
- Chemical peeling cannot always totally remove hyperpigmentation in dark skinned Caucasians, Asian

Americans, or African Americans and may not be indicated.

- Chemical peeling cannot remove broken blood vessels or erythema

Frequently Asked Questions

-Can I apply something to reduce treatment discomfort? RX topicals anesthetics help significantly
GDMD recommends applying RX **Lidocaine 4%/4ounces or Lidocaine 5%/50gm or EMLA 30gm starting 30minutes before tx reapplying every 10 minutes**
***all on www.goodrx.com ***

-Facial blocks are another option.

-What should I do the day of the procedure?

Preferably avoid make up and please shower with either dial antibacterial soap or cetaphil antibacterial soap before coming into procedure.

-What Should Be Expected After A Chemical Peel?

Typically, the skin turns red and "raw" the following days and may "weep" like a bad sunburn. This typically resolves over 1-2 weeks. Background redness may persist for several weeks. You may want to avoid public appearances for 7 days following a medium peel.

-Medium depth peels may be repeated every 6-12 months as needed. All patients are strongly encouraged to use Regenica®, Altreno®, and sunscreens daily following the peel.

Wanting more tightening:

the NON-ABLATIVE 1540 nm XD head should be considered.