

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

Wash and shampoo normally. Apply only sunscreen with moisturizer or bland moisturizer if the sunscreen stings. You may return to your regimen after treatment. Call if questions.

Moisturizer options include: Cetaphil®, Eucerin®, Oil of Olay Complete®, Dove Essentials®, Ceravae® and Purpose®.

You may apply makeup over this peel at any time, 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!

Consider prevention agents including REFISSA® and REGENICA®.

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. Occasional, dormant HSV (Cold Sore Virus) can be activated by chemical peels

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

What Is The Cost?

Cosmetic Consultation: \$75

Talk to Kathy/billing if you would like to schedule

20% Salicyclic Acid: \$95 per peel

30% Salicyclic Acid: \$95 per peel

20% TCA: \$100 – \$300 dependent on areas covered

Types of regions: Upper Chest, Upper back, Anterior Neck, Anterior thighs, Localized Section of Legs

Additional fees may apply for larger or complicated areas.

REFISSA®, REGENICA®, and sunscreen use is typically recommended after a chemical peel.

<http://www.refissa.com/>

<http://regenica.com/>

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gdmdermatology



MILD CHEMICAL PEELS

(Mild/Superficial)

GDMD

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Introduction

Today with rejuvenation of the skin and reversal of the aging process paramount in the minds of many, chemical peeling has emerged as an exciting supplement to a total skin care program. Mild/superficial peels to correct mild defects.

Most chemical peels today are supplemented by the peeling effects of Retin-A (tretinoin/retinoids) on a daily basis, which gives a constant turnover of the top layers of the skin. Mild peels can soften pigment changes and reduce skin tone alteration.

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.

Superficial chemical peels soften pigmentary irregularities; reduce fine wrinkles, and giving the skin a more youthful look with little to no downtime. -
--For more marked pigment issues or off pigmentation, the syneron SR or SRA (skin rejuvenation) or Palomar Lux Y therapy may be needed especially if marked pigment or vascular alternations.—

--For overt wrinkles and deeper changes, the ST device, VENUS LEGACY, medium chemical peel, or CO2 laser may be options.

–What Can Superficial (Mild) Chemical Peels Do?

1. Improve sun damage appearance and dyspigmentation
2. Reduce appearance of mild scarring
3. Soften appearance of mild rhytids (wrinkles)
4. Improve irregular hyperpigmentation, freckles, and

dyspigmentation (age spots/liver spots)

5. Improve comedonal acne
6. Improve skin texture
7. over 100 years experience with chemical peels

Mild peels are called superficial peels because they improve the quality of the skin without altering its normal architecture. The ability of the skin to tan again and return to the same color after peeling or sunlight exposure is unchanged. However, sun protection is still essential.

Superficial peels also have minimal "downtime", typically returning to "normal" in days. Typically only mild redness and flaking are noted for a few days: usually days 3-5.

Except for mild redness and flaking, there isn't any significant downtime with mild chemical peels. Patients can go back to make-up the same day of the procedure.

What (MILD) Chemical Peels Cannot Do:

- 1) Chemical peels cannot change pore size – if anything they might increase pore size temporarily.
- 2) 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.
- 3) Mild Chemical peels cannot improve scarring (need excision, medium chemical peel, SR syneron therapy (IPL),

Venus Freeze, or CO2 laser).

- 4) Chemical peeling cannot always remove hyperpigmentation in dark skinned Caucasians, Asian Americans, or African Americans and may not be indicated.
- 5) Chemical peeling cannot remove broken blood vessels on the face (Need LUX G or SR)
- 6) The Skin Rejuvenation (SR) from Syneron may be need for marked dyschromia and /or vascular changes or the LUX G from PALOMAR.

FREQUENTLY ASKED QUESTIONS What Should Be Expected After A Mild Chemical Peel?

Typically, the skin feels tight the following day and develops mild to moderate flaking over 3 – 5 days. The skin may turn red like a mild sunburn. Your skin may feel "tight". (Blistering and cold sore activation are uncommon with mild chemical peels.) Let us know if you easily get cold sores.

Sometimes the first peel produces very little reaction. Successive superficial peels may result in more redness and reactivity, but this can usually be adjusted.

Most patients repeat peels monthly until the desired effects are obtained. Then, periodic treatments are performed to maintain the effect.

All patients are strongly encouraged to use Retin-A (retinoid) and sunscreens daily after peeling.