



CHEMICAL PEEL

- **Introduction**
- **Candidate**
- **Consultation**
- **Question to Ask**
- **Risk & Safety**
- **Preparation**
- **Procedure Steps**
- **Light Chemical Peel**
- **Medium Chemical Peel**
- **Deep Chemical Peel**
- **Recovery**
- **Result**
- **Before & After Photo**
- **Visual Animation**



Introduction

If you want to rejuvenate your skin means clear, fresh bright look then chemical peel is your choice.

Most important part of our body is face which is everyone attention.

Face is more prone or early prone to fine lines, wrinkles, blemishes, rosacea, pigmentation, scarring.

As there is deposition of dead layer in our skin it needs to be exfoliated after a time.

To exfoliate dead layers of skin, after exfoliation the skin needs regeneration,

So exfoliation stimulate regeneration.

As the dead layer of skin shed off, it stimulates new skin cells which is lighter tone.

A **chemical peel** uses a chemical solution to improve the texture and tone of your skin by removing the damaged outer layers.

Although chemical peels are used mostly on the face, they can also be used to improve the skin on your neck and hands.

A chemical peel is one of the most cost-effective ways to improve the appearance of your skin. The potential result of the chemical peel depends on the type of chemical and technique used.

Who Is A Good Candidate For A Chemical Peel?

- Acne or acne scars
- Fine lines and wrinkles
- Irregular skin pigmentation
- Rough skin and scaly patches
- Certain scars
- Sun-damaged skin

Benefits Of Chemical Peeling

1. It improves the skin texture.
2. After removal of skin dead cells, all the serum and creams can be absorbed properly.
3. After peeling, the skin gives more brighter look and fair skin.
4. Glassy skin appearance.
5. Reduction of sun spots, freckles, pigmentation
6. Fine lines and wrinkles get reduced.
7. Improvement of skin feel yes smooth soft skin
8. Improvement of acne.
9. Significant improvement of congested skin.
10. Brighter complexion which keeps on increasing.
11. Reduce inflammation of acnegenic skin
12. More collagen production more healthy skin

Duration Of Chemical Peeling Agent Application for Different Body Parts

Full body: 30-40 minutes

Full hands:10- 15 minutes

Full legs: 15 -20 minutes

Back:15-20 minutes

Front:15 minutes

What Should I Expect During A Consultation For A Chemical Peel?

During your **chemical peel consultation** be prepared to discuss:

- Your goals
- Medical conditions, drug allergies, medical treatments and smoking history
- Current medications, vitamins, herbal supplements, alcohol, tobacco and drug use
- Previous surgeries or treatments

Your surgeon will also:

- Evaluate your general health status and any pre-existing health conditions or risk factors
- Discuss likely outcomes and any risks or potential complications

What Questions Should I Ask My Plastic Surgeon About A Chemical Peel?

Use this checklist as a guide during your **chemical peel consultation**:

- Am I a good candidate for a chemical peel?
- What will be expected of me to get the best results?
- Who will perform the chemical peel?
- Where and how will you perform my procedure or treatment?
- How long of a recovery period can I expect?
- What are the risks and possible complications associated with my procedure?
- How can I expect to look over time?
- Do you have before-and-after photos I can look at for this procedure?
- What results are reasonable for me?

How Should I Prepare For A Chemical Peel?

You should understand that **all chemical peels carry some risks** and uncertainties.

A chemical peel is usually a very safe procedure when performed by a qualified and experienced plastic surgeon.

What happens during a chemical peel?

Before getting a chemical peel, some patients need to follow a pre-peel skin care plan for 2 to 4 weeks. This plan can improve results and reduce potential side effects.

On the day of your peel, you will first be prepped for the treatment. This includes cleansing your skin thoroughly. If you will have a deep peel, you will receive general anesthesia, which will put you to sleep.

After you are prepped, your surgeon will apply the peel quickly and evenly. Your surgeon will watch your skin carefully to remove the peel at just the right time. With a deep peel, the skin is treated one small section at a time.

After the peel comes off, your skin will be treated as needed. Patients who get a medium peel may need cool compresses followed by a lotion or cream to soothe their skin. If you have a deep peel, you will have a wound that requires a surgical dressing.

What Are The Steps Of A Chemical Peel Procedure?

Chemical solutions are carefully applied to your skin to improve the texture by removing damaged outer layers.

The formula used by your doctor will be adjusted to meet your particular needs.

There are three types of chemical peels:

- **Light Chemical Peel**

Subtle improvements at first, but that healthy glow will increase with more treatments

- **Medium Chemical Peel**

Your skin will be noticeably smoother and fresher-looking

- **Deep Chemical Peel**

Results are dramatic, but recovery takes the longest

What Is A Light Chemical Peel?

A **light chemical peel** might be the right choice if you have uneven pigmentation, dryness, acne or fine wrinkling.

This kind of peel removes just the outer layer of skin (epidermis) in a light exfoliation and can result in a healthier glow.

Common agents used in light peels may include combinations of alphahydroxy acids and beta hydroxy acids, such as glycolic acid, lactic acid, salicylic acid and maleic acid. All of these chemicals are the milder choices than those used for deeper peels. You can repeat these treatments at regular intervals to achieve your desired results.

Light chemical peel procedure steps

- Your face will be cleansed.
- The chemical solution is brushed onto your skin and left on for a few minutes. You may feel some mild stinging.
- The chemical peel is then washed off and neutralized.

Light chemical peel risks and recovery

- **Healing time:** 1 to 7 days. Skin will be red. After the redness disappears, scaling may develop, which lasts 3 to 7 days.
- **At-home care:** Lotion or cream applied until the skin heals, followed by daily use of sunscreen.
- **Follow-up visit:** No. However, 3 to 5 peels may be necessary to give you the desired results. These peels may be repeated every 2 to 5 weeks.

What Is A Medium Chemical Peel?

Acne scars, deeper wrinkles and uneven skin color can all be treated with a medium chemical peel.

The chemicals used for this type of peel will remove skin cells from both the outer layer of skin (epidermis) and upper part of your middle layer of skin (dermis).

Agents frequently used for medium depth chemical peeling include TCA (trichloroacetic acid), Jessner's solution and glycolic acid.

Medium chemical peel procedure steps

- Your face will be cleansed.
- The chemical solution is brushed onto your skin and left for just a few minutes. You may feel some burning or stinging.
- The treated area may turn a whitish grey color.
- The chemicals are neutralized with a cool saline compress.
- Your skin may turn red or brown in the days just after the peel. The peeling process typically starts within 48 hours and lasts for a week. It is important to keep the skin well moisturized during the peeling process.

Medium chemical peel risks and recovery

- **Healing time:** 7 to 14 days. Skin will be red and swollen. Swelling worsens for 48 hours. Eyelids may swell. Blisters can form and break open. Skin crusts and peels off in 7 to 14 days.
- **At-home care:** Daily soaks for a specified period. Apply ointment after each soak. Take an antiviral medication for 10 to 14 days. Apply lotion or cream. Total avoidance of the sun until skin heals.

What Is A Deep Chemical Peel?

If you have deeper facial wrinkles, skin that's damaged by the sun, scars, areas that appear blotchy or even pre-cancerous growths, **deep facial chemical peels** might be the right choice for you. Your provider will carefully determine if you are a good candidate for this treatment.

Your surgeon will use the strongest chemical called phenol to penetrate down to the lower dermal layer of your skin. For this type of peel, you may need a local anesthetic and a sedative to manage any discomfort.

A deep chemical peel usually involves some sort of pretreatment for up to eight weeks. This will prepare your skin for the peel and speed the healing process.

Pretreatment may include use of a retinoic acid cream or gel – a prescription medication that's derived from vitamin A. This works to thin out the skin's surface layer, allowing the chemical solution to penetrate more evenly and deeply.

Deep chemical peel procedure steps

- You will be given a sedative to relax along with a local anesthetic to numb your face.

Your face will go through a stepwise cleansing process.

- Phenol is brushed onto the area after an appropriate time interval.
- The chemical is neutralized with water.
- A thick coat of ointment is smoothed over your skin, to prevent dryness and pain. The ointment must stay in place. Sometimes your surgeon will cover your skin with strips of tape or medicated gauze rather than ointment.

Deep chemical peel risks & recovery

- **Healing time:** 14 to 21 days. Area will be bandaged.
- **At-home care:** 4 to 6 daily soaks while healing. For 14 days, apply ointment after each soak. After 14 days, apply thick moisturizer as directed. Take an antiviral medication for 10 to 14 days. Total sun avoidance for 3 to 6 months.
- **Follow-up visit:** Yes. The next day, the dermatologist will want to see you. Several follow-up visits are required during the first week.

To help their patients get the best results, apply these tips:

- **Use the moisturizer as directed to keep your skin moist and supple.** If your skin dries and cracks, it can scar.
- **Do not use a tanning bed or other type of indoor tanning.** Your skin will not heal properly.
- **After your skin heals, apply sunscreen every day.** This will help you maintain results.

When is it safe to have another chemical peel?

To maintain results, you can repeat mild and medium chemical peels. Your surgeon can tell you how often you can have a repeat treatment. A person can have only one deep peel.

Before & After Photo



Visual Animation  [Adi care 007](#)

FOR APPOINTMENT

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