

# Chemical Peel FAQs and Aftercare

**With proper aftercare, you can keep the effects of your chemical peel to a minimum and start enjoying smoother, brighter skin sooner.**

## What is a Chemical Peel?

A chemical peel is a skin treatment that involves the application of specific acids to the top layers of the skin to remove them and reveal smoother and younger-looking skin.

Chemical peels can treat a variety of skin conditions, including the following:

- Acne
- Age spots and discolouration
- Dullness or roughness
- Fine lines and wrinkles
- Melasma
- Sun damage

After receiving a chemical peel, most people experience significant improvements to the appearance and texture of their skin.

## There are three different types of chemical peels

### Light Chemical Peels

Light peels use diluted acids to treat mild skin problems by sloughing off just the top layer of the skin.

### Medium Chemical Peels

Medium peels use slightly higher concentrations of acid to treat more advanced skin problems, including hyperpigmentation and severe acne.

### Deep Chemical Peels

Deep peels remove several layers of skin with a strong acid concentration. Some people require sedation when undergoing deep peels.

## What to expect after a Chemical Peel

After a chemical peel, your skin will likely be red and dry. You may also experience some itchiness, swelling, and discomfort. A deeper peel may even cause your eyelids to swell. When the peel is finished, your skin will take a few days to peel off and reveal a fresh new layer. Typically, the peeling doesn't start until about the third day. The intensity of the effects of your chemical peel will vary depending on the type of peel you received. The deeper the peel, the longer it will take for your skin to peel off and begin recuperating.

## Chemical Peel Aftercare Tips

**Keep these tips in mind when caring for your skin after a chemical peel. They'll help you expedite the healing process and minimize any feelings of irritation you might experience.**

### Don't touch your face

After your chemical peel, your skin might itch. This is especially common as it starts to peel off. Do your best to avoid touching, picking at, or scratching your face. Touching your skin in this way can lead to scarring and increase your risk of infection, breakouts, or additional irritation.

### Keep your hair off your face

If your hair is hanging loosely around your face, you're more likely to experience itchiness or general irritation. Pull your hair off your face with a headband or hair tie to keep it from aggravating your already sensitive skin. Remember to be gentle when brushing or pulling your hair back, too. You don't want to accidentally graze your skin with the brush or your fingers — this could increase irritation or contribute to breakouts or other issues.

## Chemical Peel FAQs and Aftercare (continued)

### Moisturise your skin

After a chemical peel, your skin will likely be dry and sensitive. Make sure you're moisturising your skin regularly with a neutral, unscented cream or lotion. By keeping your skin moist, you'll minimize itchiness and irritation and speed up the healing process. When you're applying moisturiser, remember to be gentle. Scrubbing or rubbing it into your skin will increase irritation and could lead to scarring or other damage.

### But, don't over-moisturise

Moisturising is an essential part of chemical peel aftercare. At the same time, though, it's important not to over-moisturise your skin. Applying too much moisturiser can prevent the skin from actually peeling off (which is the whole point of a chemical peel, after all). If you're constantly rubbing lotion into your skin (even if you're being gentle), you're also increasing your risk of irritation.

### Protect it with sunscreen

Generally speaking, you should avoid sun exposure as much as possible while your skin heals from the chemical peel. If you do go outside, though, you should apply a sunscreen with an SPF of at least 30. Your skin is extra sensitive after a chemical peel — you need to protect it from potential sun damage.

### Don't force the process

It may be tempting to try and help the process along by pulling off the skin or exfoliating with a scrub or textured cleansing brush. It may seem helpful to use these tools to slough your skin off faster, but it can actually make things worse. Remember, your skin is very sensitive after a chemical peel. Picking and pulling is off limits, as is any kind of textured exfoliation product.

### Keep your skincare routine simple

After a chemical peel, you'll have to simplify your skincare routine. Limit yourself to the following steps:

- Wash your skin with a gentle, sulfate-free cleanser
- Apply an alcohol-free toner — use a spray bottle or gently pat it onto your skin (don't use a cotton ball)
- Apply an antioxidant serum (preferably one with vitamin C)

Of course, don't forget to moisturise, either. A gentle lotion or cream is probably the most important product to use after your chemical peel.

### Avoid eating acidic foods

Eating acidic foods can also irritate your skin as it's healing from the peel. Think about it — if your skin is extra sensitive and it comes in contact with something like tomato sauce or citrus fruit, you're going to experience some stinging and irritation. Stick to neutral foods for a few days following your chemical peel.

### Minimize sweating

Finally, do your best to minimize sweating after a chemical peel. The salt from your sweat can cause stinging and lead to additional irritation. Avoid exercising, or keep your workouts very low-impact and sweat-free.