

# PIMA DERMATOLOGY

ADULT / PEDIATRIC / COSMETIC / LASER & SKIN SURGERY

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## Chemical Peels

A **Chemical Peel** is a treatment involving the application of a solution to improve the appearance of sun damaged, prematurely aged skin, fine lines and wrinkles, acne, and/or rosacea. The peel treatment is usually a brief procedure, performed in the office. Following the peel, the patient is able to return home or work that day. There are generally two types of peels, named according to the depths of their effects and the duration of healing time after the procedure. They are the Superficial Facial Peel and the Medium-Depth Peel.

The **Superficial Peel** is often termed a "freshening peel". These light peels are very mild and there is minimal "downtime" for healing. While the results of these peels might not be dramatic with a single peel, they promote removal of the upper dead skin layer, smooth the skin, and allow home products to work better for ongoing maintenance. These peels are most effective when done in a series of 4-6 peels at 2-4 week intervals, which will "jump start" your personal skin care program. The superficial peel treatments are meant to be used in conjunction with your home skin care program to help advance and improve the results. Following the treatment, a sunscreen of SPF 30 or higher is mandatory.

**Medium-Depth Peels** help to significantly rejuvenate sun-damaged skin. The procedure takes longer than the superficial peel noted above, is more irritating, and involves skin redness. It requires avoidance of sun exposure and heavy exercise for up to 7 days. Following the in-office procedure, there is mild to moderate peeling. These peels are ideal for an individual with sun-damaged skin who is seeking to reduce skin blotchiness, improve fine lines and wrinkles, melasma, and/or skin tone. Following the treatment, a sunscreen of SPF 30 or higher is mandatory.

### Superficial Peel Types:

#### Mandelic Acid Peel

Mandelic Acid, derived from bitter almonds, provides light chemical exfoliation for patients with rosacea, redness-prone skin, sensitive skin, acne-prone skin, or those having a first-time peel. Mandelic Acid easily penetrates skin to exfoliate outer layers of dead skin cells that dull the complexion. It is also helpful in destroying bacteria. The immediate result is typically a clearer, softer, more radiant complexion.

#### Glycolic Acid Peel

Glycolic acid is a popular treatment for wrinkles and acne. Part of the alpha hydroxyl family of natural ingredients, glycolic acid is derived from sugar cane and is a fruit acid.

#### Salicylic Acid Peel

Salicylic Acid provides chemical exfoliation for patients with blemish-prone, acne-prone, oily, and/or congested skin. Salicylic acid is a beta-hydroxy acid, which makes it very effective at combatting pimples. It is oil soluble so it can penetrate into the pores of the skin.

### Medium-Depth Peel Types:

#### Vitalize Peel

The Vitalize Peel contains a blend of alpha-hydroxy acids, beta-hydroxy acids, resorcinol and retinoic acid. It helps to improve the skin's overall appearance, minimizes fine lines and wrinkles, tightens pores, and improves skin texture. It is very effective for sun damage, freckles, melasma and post-inflammatory hyperpigmentation.

*Please see reverse side of page.*

### **TCA + Jessner's Peel**

The TCA + Jessner's Peel provides a moderate chemical exfoliation for patients with melasma, actinic damage, or those desiring general skin rejuvenation. This peel improves deep melasma, pigment, surface wrinkles, some acne, and more pronounced challenges.

### **Possible Complications**

While most patients receive a very pleasing result, a variety of complications can result from chemical peels, primarily the deeper peels. These include the following: changes in skin pigmentation (lightening or darkening), prolonged redness, increased prominence of small blood vessels, and flare-ups of facial herpes simplex (cold sores). On rare occasions, a scar could occur.

When hyperpigmentation (darkening) occurs, it usually develops 4-6 weeks after the peel. Although this complication often clears spontaneously, we routinely prescribe bleaching creams. Prolonged redness can be covered with makeup (as recommended by your Provider). For patients with a history of recurrent facial herpes simplex, oral treatment with an anti-viral (such as Valtrex), generally prevents recurrence during healing.

For more information, please contact us at **520.795.7729** or visit our website at **[www.pimaderm.com](http://www.pimaderm.com)**.