

Island RN, LLC (808) 222-6743 www.island-rn.com

What is a Chemical Peel?

Basically, a chemical peel involves resurfacing the skin to reveal smoother, blemish-free skin. It requires the use of a chemical that is applied to the skin so that the top layers peel off.

Chemical peels are not just reserved for the face. They can also be used on the neck, chest, and hands. It is normal to need more than one session to achieve the desired results. Depending on the type of peel and how your skin reacts, you may wait 3 weeks to 3 months between peels to allow the skin to recover. You may also peel less than the initial peel if you have another peel soon after.

Different types peels are available in the industry, depending on the person's skin sensitivity and the desired results. Various common active ingredients can be found in peels: retinoic acid, glycolic acid, salicylic acid, and lactic acid. These ingredients can be used in various formulated combinations or applied individually. People who opt to have a chemical peel done can expect any one of these **amazing benefits**:

- **A reduction or softening of wrinkles and fine lines**
- **Improved appearance of scars, age spots, and discoloration**
- **Brighter, smoother, and younger looking skin**
- **Improved skin health after sun damage**
- **Acne control but not intended for active major breakouts**



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IMPORTANT CONTRAINDICATIONS: Let your aesthetician or provider know if you are: being treated for severe systemic or autoimmune disease, have an allergy to aspirin, are an obsessive picker, are currently being treated for a skin condition by a dermatologist or physician or had radiation to the region to be treated, have an infectious disease, have Herpes Simplex or active infection (must premedicate prophylactically prior to treatment), had laser resurfacing, chemical peels, or dermabrasion, history of hypertrophic scar formation, are pregnant or breast feeding, have diabetes, have red or sensitive skin, have moderate to severe Rosacea or current flare-up, have broken skin or scrapes, have open sores, suspicious blemishes, bleeding, or basal cell carcinoma, had recent cosmetic injections within 5 days, had any recent cosmetic surgery, and if you have any unsure situation or condition that may be contraindicated with a peel.

How to Prepare For a Chemical Peel:

The type of chemical peel used will depend on your skin type, age, color, and skin condition

***Must be off Accutane (Isotretinoin) for 6-12 months when it's completely out of your system**

Must also be off Keratolytic drugs for 7 days: Retin-A (tretinoin), Vitamin A, Azelex (Azelaic Acid), Tazorac (Tazarotene), and Differin (Adapalene)

Antibiotics and Hydrocortisone may also cause skin sensitivity and should be avoided

*Premedicate prophylactically prior to peel if you have a history of Herpes Simplex (HSV-1) *

Moisturize daily and use sunscreen. Start a better skin regimen and continue to follow it after your peel. This is essential for good results that last.

Avoid the sun. Sun exposure is very damaging to the skin and causes hyperpigmentation, premature aging, wrinkles, and skin cancer among other problems. **If you have a deep tan or sunburn, you will need to wait until it fades prior to a peel.

Do not shave or wax the area for 48 hours prior to a peel

Do not exfoliate for at least a week or more before your appointment. Even though you might not actively exfoliate with a scrub or exfoliant, watch out for ingredients in your every-day skin products that may have an exfoliating effect (i.e. glycolic acid). If you use these products before your appointment, you could unknowingly cause some damage to your skin.

Stop using anti-aging or anti-acne medications. These could impact how your skin tolerates the peel.

Stay hydrated. Keep drinking plenty of water. Your skin should be well-hydrated on the day of your chemical peel. Stop using any products that could be drying out your skin at least a few days before your appointment.

Do not plan an important event shortly after a chemical peel. There is a certain amount of recovery time that will be needed immediately following a chemical peel. 2-3 weeks minimum if you have had previous peels without complications with the same product and aesthetician/provider.

Have a patch test at least a week before appointment, especially for first timers or clients wanting a deeper peel. It is better to assess a small area of 1-square inch to see how your skin reacts to the peel, than to have it on your entire face.

What happens the day of the Chemical Peel?

Recommended: Bring water, sunscreen, a hat or umbrella, dress comfortably, wearing minimal makeup, and bring your lens case if you're removing your contact lenses and/or wear eyeglasses instead. You will be lying face up during the treatment which should last no more than an hour to complete. Petroleum ointment will be applied to the lips, nares, and sensitive skin around the eyes for protection. Your eyes will be covered with a damp gauze to protect your eyes from potential fumes. Your aesthetician/provider will clean and prep your skin in which may involve scrubbing or tingling. The chemical peel will then be applied in single layers onto your face or other treatment areas.

What to expect during the Chemical Peel?

Tingling and/or stinging-The chemical peel will probably cause you to feel a tingling and/or a stinging sensation. This is expected and should last for a short a few minutes. The peel used is self-neutralizing. It is not washed off nor any neutralizing agents applied. Cold air helps to relieve any burning sensation.

Redness and/or Swelling

Taut Skin-Chemical peels help to extract any impurities in the skin. But while that happens, you might feel a sensation of tightness, which is also normal.

What can you expect after a chemical peel?

- Tightening of skin
- Shiny appearance from the taut skin
- Darkening or tanning of entire region or hyperpigmented spots/areas
- Leathery skin
- Scabbing
- Skin sensitivity
- Sometimes slight swelling, mostly noticed around eyes
- Underlying pimples may come to the surface
- Peeling and/or flaking, which usually begins on the 3rd day and may continue up to 7-10 days

POST PEEL INSTRUCTIONS

Do not pick, scrub, rub or scratch your skin (or any pimples that might come to the surface). This would most likely cause scarring. You could excise pimples carefully with a small sterile needle.

Use sunscreen 30+ and a wide brimmed hat or umbrella; it's best to avoid the sun entirely

Stay hydrated by drinking plenty of water

Use moisturizer on the treated areas and lips

Heat increases inflammation which can lead to scarring. Avoid:

-activities that will make you sweat or increase your body heat, like exercise and tanning beds

-stay out of the sun/heat, avoid hot showers/baths, hot tubs, furos, steam rooms, saunas, etc.

Day and evening of treatment:

Do not touch your face or use makeup

If you desire, cool water rinsing and patting dry the treated areas gently are okay

Try to avoid sleeping/putting pressure on the areas treated

The following morning and the week after treatment:

Follow previous instructions above but also:

Use the post treatment kit from your aesthetician or use cool water and wash gently with a gentle cleanser gently using your fingertips, then moisturize and use sunscreen along with a wide-brimmed hat and/or umbrella if you plan to go outside. You may wear makeup but eventually it will look caked on when the skin is almost ready to start peeling.

Do not get a facial, Botox, or derma fillers for a couple of weeks. A longer wait would be better.

***Do not help with skin peel by pulling on the loose skin! The skin will peel in its own time when it is ready. It can take up to 7-10 days to complete peeling. Scarring is likely if you try to peel skin off yourself.** Carefully trim hanging dry skin with scissors. After 10 days, you may use a gentle exfoliator or facial sponge to remove any remaining flakes on the skin. Your skin will feel and look normal after peeling completed but it will be vulnerable for injury or scarring. You must always protect your skin if you want to put your best face forward and have long-lasting results.

If any questions or concerns, you may text me at (808)222-6743, or email me at: islandrnlc@gmail.com