



FOR YOUR
INFORMATION

What You Need to Know About Your Acid Peel

Superficial skin peeling is designed to remove epidermal layers of skin using an appropriate acid solution. This type of peeling is used to help “dry out” active acne, reduces shallow wrinkling and scarring, and in some cases, lighten hyperpigmented areas (dark patches), and to overall improve the appearance and health of sun-damaged and aged skin.

The acid solution used should be patch tested on the neck or behind the ear at least 24 hours prior to the treatment. **The patch test is for your benefit and can help avoid allergic reactions.** There are several choices as to the ingredient used for the peeling and this will be determined according to skin type.

Before the acid is applied, it is necessary to prepare and de-fat the skin. This is accomplished in part by cleansing and using a prep solution. You are given a small hand held fan, that lessens some of the stinging sensation when the solutions are applied. This discomfort usually lasts for about 5-10 minutes.

When the treatment is finished, the skin may have a frosted white appearance. This is caused from the solution and usually fades within a few hours. The skin may also be very red and it will continue to redden and feel sensitive over the next 24 hours. The skin then becomes brown just before peeling begins which is usually between the 3rd and 5th day. The skin becomes very tight and dry and there may be slight swelling. This is normal.

The outcome of the peel depends solely on YOU! *No picking and DO NOT get in direct sunlight for at least three weeks.* (I prefer that you wait six weeks and if you never get direct sun on your face again that would be even better!)

Days 1-3 rinse your skin with water and pat dry, and apply Post Balm / Calming Skin Gel as directed. On day four you can begin cleansing and wearing and Epidermal Growth Factor and an SPF30. No make-up for one week. You will be given post care home instructions the day of your treatment. It is important that you return in one week for a post follow up treatment for cleansing, exfoliation, extractions and nourishment.

This treatment may be repeated in six weeks. The number of peels required for any given problem varies with each individual. It is impossible to know in advance how much peeling will occur. There is no limit to the number of skin peels a person can have as long as improvement continues. Skin peels are an excellent way to maintain the health of the skin and slow down the aging process.

