

Topical Chemical Peel

(A controlled exfoliation to improve skin tone, texture, and clarity)

What Is a Topical Chemical Peel?

A **topical chemical peel** is a skin treatment in which a carefully selected chemical solution is applied to the skin to **exfoliate damaged outer layers**. This process stimulates skin renewal, revealing **smoother, brighter, and more even-toned skin**.



SKIN PEEL BENEFITS

Before Peel CONCERNS

- Fine Lines
- Sun Damage
- Blackheads
- Large, Clogged Pores
- Acne Marks & Scars
- Age Spots
- Hyperpigmentation
- Uneven Skin Tone



After Peel RESULTS

- Smoothness
- Radiance
- Clearer Skin
- Tightness
- Lifted appearance
- Balanced Tone
- Softness
- Firmer Skin

Chemical peels are commonly used to treat:

- Sun damage and dull skin
- Uneven skin tone and texture
- Fine lines
- Acne and acne-related discoloration
- Mild pigmentation concerns

Peels can be **light (superficial)** or **medium-depth**, depending on your skin type and goals.

How Chemical Peels Work (Simple Explanation)

- The peel solution loosens bonds between dead skin cells
- Damaged outer layers shed over several days
- New, healthier skin emerges
- Collagen stimulation may improve skin texture over time

Your dermatologist selects the **type and strength** of peel based on your skin's needs.

What to Expect During Treatment

Topical chemical peels are performed **in the office** and usually take **15–30 minutes**.

During the visit:

1. Skin is cleansed and prepped
2. The peel solution is applied in a controlled manner
3. You may feel warmth or tingling for several minutes
4. The peel is neutralized or removed (depending on type)
5. Soothing products and sunscreen are applied

Most patients tolerate peels well without anesthesia.

When Will I See Results?

- Skin may look brighter within **days**
- Peeling or flaking typically occurs over **3–7 days**
- Texture and tone continue to improve over **1–2 weeks**

Many patients benefit from a **series of peels** spaced weeks apart.

Pre-Op Instructions (Before a Chemical Peel)

1–2 weeks before

- Avoid excessive sun exposure and tanning
- Use **broad-spectrum sunscreen daily**
- Stop **retinoids, exfoliating acids, scrubs, and harsh skincare** (unless instructed otherwise)
- Tell us if you:
 - Have a history of **melasma or PIH**
 - Are pregnant or breastfeeding
 - Have a history of cold sores (some peels may trigger outbreaks)
 - Have active rashes, infections, or open wounds

Day of treatment

- Arrive with **clean skin** (no makeup, lotion, or sunscreen on the area)
- Avoid waxing or threading the area beforehand

Post-Op Instructions (After a Chemical Peel)

What's normal

- Redness similar to a mild sunburn
- Tightness or dryness
- Flaking or peeling over several days
- Mild sensitivity

Aftercare

- Cleanse gently with a mild cleanser
- Apply moisturizer as directed
- **Do not pick or peel** flaking skin
- Avoid heat, saunas, and strenuous exercise for **24–48 hours**
- Avoid exfoliants and retinoids until cleared by your provider
- **Strict sun protection** is essential during healing

Makeup

- Often allowed after **24–48 hours**, depending on peel depth

Call the office if

- You develop blistering, significant pain, or spreading redness
- Pigmentation darkens instead of improving
- Signs of infection occur (pus, fever, increasing swelling)

Who Is a Good Candidate for a Chemical Peel?

Chemical peels may be a good option if you:

- Want brighter, smoother skin
- Have mild to moderate sun damage or discoloration
- Can follow aftercare and sun protection instructions

They may not be ideal if you:

- Have active skin infections or inflammation
- Are unable to avoid sun exposure during healing
- Have a history of severe reactions to peels

Your dermatologist will help determine if a peel is safe and appropriate for you.

Topical Chemical Peel FAQ

Does a chemical peel hurt?

Most patients feel tingling or warmth that lasts a few minutes. Discomfort is usually mild and temporary.

How much downtime is there?

Light peels have **minimal downtime**. Medium-depth peels may involve several days of peeling and redness.

How many treatments will I need?

Many patients benefit from a **series of peels** for best results, especially for pigmentation or acne.

Will my skin peel a lot?

Peeling varies by peel strength. Some patients experience light flaking, while others have more visible peeling.

Can chemical peels cause dark spots?

Post-inflammatory hyperpigmentation (PIH) can occur, especially without sun protection. Following instructions reduces risk.

Can peels be combined with other treatments?

Yes. Chemical peels are often combined with:

- Medical-grade skincare
 - Laser or light treatments (timing matters)
 - Neuromodulators and fillers
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Are chemical peels covered by insurance?

Chemical peels are typically considered **cosmetic** and are not covered by insurance.
