

Chemical Peels - What You Need To Know

Why receive a facial chemical peel and who are the experts in post peel care?

Chemical Peels are selected by clients as a way to improve and smooth the texture of the skin. The Chemical Peel Treatment removes the epidermis (the top layer of skin cells). This treatment is helpful for individuals with acne, acne scars, age spots, freckles, superficial pigmentation and enlarged pores. Peels may also soften acne facial scars and in some cases help to control acne. Most importantly it is a great way to reduce the brown discoloration produced from UV damage.

A chemical peel involves the application of a chemical solution to exfoliate the skin. There are three main categories of chemical peels available; Alpha hydroxy acids, Trichloroacetic acid and Phenol peels. The Trichloroacetic acid and Phenol peels are medium to deep peels that require anywhere from a few days, to two weeks of down time for healing. At The Medical Spa at Nova there are several options for a light "lunchtime" chemical peels, most of which contain an Alpha Hydroxy acid such as glycolic, lactic, retinoic, or a combination of the 3. These peels require no down-time and depending upon the chosen treatment, the peel is applied and removed during the visit. In some cases, the peel remains on the skin to self neutralize after a specific amount of time. The type of treatment and subsequent amount of peeling will depend upon your individual desired results and skin type.

As with any cosmetic service it is important to have an initial consultation to discuss your expectations and any concerns that you may have. All chemical peels carry some risk; however normally this is a safe procedure when performed by a qualified, experienced professional. After a chemical peel, your provider should offer explicit instructions on post peel care, thus improving the results of a fresher complexion. In general, the skin peels within 2-3 days when light chemical peels are used. It is common to experience some mild peeling or flakiness on the area where the peel is applied. This lasts for a few days, however does not affect your daily routine.

Post Peel Care

With any chemical peel it is important to protect your skin afterwards. Many products that you may use normally will cause stinging or adverse reactions. Many pharmaceutical grade skin care lines offer products with micronized zinc, which provides anti-inflammatory UV protection.



Nova recommends the Obagi Nu-Derm Physical UV Block SPF 30 for post peel skin protection. This product is chemical free and ideal for use after peels. Another new product useful for UV protection and use post chemical peels is Ferulic Acid combined with vitamin E and C.

Although vitamin C alone can cause irritation of the skin post peel, these ingredients combined stimulate collagen production; inhibit hyperpigmentation and soothe the skin. Nova recommends the use of SkinCeuticals C&E Ferulic as it also accelerates the healing time after peels in addition to the other benefits.

Chemical Peels ultimately produce a fresh complexion and the light peels are a very non-invasive way to reduce scarring and other facial concerns and help stay ahead of the curve!

THE
MEDICAL
SPA
AT NOVA™