

Published based on [At Home Chemical Peel vs Dermatologist Chemical Peel](#)

At Home Chemical Peel vs Dermatologist Chemical Peel



There are several factors you should consider before you decide on an **at home chemical peel vs dermatologist chemical peel** treatment. Here are a few things to keep in mind when making a decision on which method to go with.

At home chemical peels

- 1) **At home chemical peel** kits are obviously much cheaper than going to a dermatologist for treatment. Therefore if you're on a budget this may be the way you decide to go.
- 2) The biggest drawback with carrying out a chemical peel at home is the safety issue. It's essential you read the instructions carefully as improper mixing of the chemicals, or leaving them on too long will harm the skin.
- 3) Home chemical peels will not achieve the same results as those achieved by qualified dermatologists. The chemicals are diluted and should not contain more than 10% glycolic acid, but they are still potent and capable of causing burning or discoloration.
- 4) Carried out in the proper manner, however, they will definitely refresh the skin and help to decrease fine lines and wrinkles. By removing the top layer of the epidermis some mild benefits will be achieved.

Professional chemical peel

- 1) A dermatologist chemical peel will usually consist of three options, mild, medium or strong. These peels will penetrate further into the skin's layers and there will be a period of the skin flaking off to reveal the new rejuvenated skin beneath.
- 2) This procedure will obviously be more costly, but will give longer lasting results.
- 3) It must be recognized that a chemical peel carried out by a dermatologist will undoubtedly cause side effects some of which may be painful. It may also be necessary to take time off from work for a while to allow the healing process to take place.

Whether you decide to carry out an **at home chemical peel**, or have a dermatologist chemical peel you must be prepared to follow up the treatment with a good skin care routine. In the case of the deeper chemical treatment this will involve medicated creams and/or oil based steroid creams.

In all cases a daily use of sunscreen and avoiding direct sunlight is essential.

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