

# Everything You Need To Know About Chemical Facial Peels

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## Everything You Need To Know About Chemical Facial Peels



### **Safe and Effective 6 Day Blemish, Wrinkle And Acne Scar Treatment System**

Discover how in just 6 days you can get the flawless complexion that you have always dreamed of!

Regardless of how bad you think your scars are, you can still start the fading process with the help of the Skin Culture Skinpeel. It is a proven acne scar treatment that reduces and fades reddened acne scar, dark acne scar, and blemishes.

The Skin Culture skin peeling treatment has been used by men and women of all ages and skin color with excellent, measurable results for over 70 years.

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## What Is A Chemical Peel?

It's known that Cleopatra and the ancient Romans used a form of chemical peel made from a compound of food acids. Nowadays more sophisticated compounds are used to help combat the scourge of acne and other skin imperfections.

### **What are chemical peels?**

Well, in effect they're a means of peeling the blemished outer layer of skin which is replaced by a new, unblemished layer. During the process a chemical solution is applied which causes the skin to blister and peel over a period of several days. And though this may sound uncomfortable, you should certainly approve the outcome.

### **Chemical Peels - Do they work? Yes and no is the short answer**

The purpose of facial peels is to improve the appearance and condition of the skin, particularly where the application of topical acne medications has failed to provide satisfactory results. For example, in the treatment of superficial acne or acne scars they can be very effective and can yield good long term results.

However, for those suffering with a severe or very active form of acne, a chemical peel is not usually recommended. Likewise in the case of breast feeding mothers or women who are pregnant.

For those who do receive a face chemical peel it's as well to know what to expect after the treatment. Much will depend on which type of chemical acid peel is used but in general there are a number of things that could occur.

For example, redness of the area treated, flaking or scaling of the skin, dryness and in some circumstances swelling. Apart from the swelling, these side effects are usually quite mild and will not interfere with your everyday life.

Generally speaking, a chemical peel will have a positive long-term affect that will more than offset any mild discomfort felt in the immediate period following the treatment. And you'll feel so much better about yourself.

## AHA Chemical Peels

An AHA peel is one of the mildest of the chemical peels which makes it suitable for people who cannot wait for the recovery time necessary in stronger peels.

A chemical peel involves the peeling off of the skin using a chemical solution which removes the outer layers taking with it rough scaly patches and any other skin imperfections such as acne scars or brown spots. This type of facial peel will generally take 15 minutes to refresh your skin and give it a fresh glow.

Before having a chemical acid peel you'll probably be required to take one month's pre-treatment of say Retina A or Hydroquinone. Men are asked to refrain from shaving for at least 24 hours prior to treatment.

AHA peels are quick and safe and work well on skin conditions such as acne, but it's always wise to consult with your doctor to discuss the treatment and ask him/her any questions which may be bothering you.

### **Procedure**

The skin is thoroughly cleansed with acetone or a similar cleanser. The acid is then applied and will be monitored throughout the procedure. If there's any discomfort, i.e., burning sensation or stinging, then a cold pack may be applied. However, as an AHA peel is one of the mildest of all the treatments available, this is unlikely to happen

Once the treatment is finished the face is rinsed with cold water. This treatment can be repeated weekly or monthly until the desired effect is achieved.

### **Side effects**

There are obviously fewer side effects with a mild chemical peel, but this will also depend upon the sensitivity of your skin.

There may be some redness or slight swelling and some flaking may occur. This can be treated with Vaseline, or a mild anti bacteria cream. As the skin adjusts to the treatments however, these side effects will subside.

An AHA peel will produce smoother, brighter looking skin and can be a valuable means of successfully treating acne.

## Glycolic Acid Peels

The purpose of a glycolic acid peel is to remove the outer layers of the skin making way for a healthy looking skin beneath. It will remove the rough scaly skin, which acne produces, and irregular pigmentation.

Every day we shed dry skin naturally but a glycolic chemical peel accelerates this process to reveal rejuvenated skin beneath.

Brown spots and fine wrinkles can be removed, scars will appear diminished in intensity and the skin will take on a smooth and revitalized appearance.

As with all chemical peels the skin is thoroughly cleansed and then, the acid to be used, is painted on to the face. If you choose to have an anesthetic whilst the procedure is carried out then you must be aware that you'll be unable to drive home afterwards.

Once the acid has been applied you'll be monitored the whole time until the glycolic acid chemical peel is removed.

It must be known that chemical peels are not a substitute for facelifts, but can significantly rejuvenate sun damaged or badly scarred skin.

### **Glycolic acid peels complications**

As with any treatment some complications may arise. For instance, if you are prone to cold sores a glycolic skin peel may activate this condition, but an anti viral medication can help to prevent this.

There may be redness and swelling and the skin will feel tight. By applying a soothing cream and sunscreen, this will help to alleviate some of the discomfort. Do not use soap on your face at this time as it will dry out the skin and cause irritation.

It's natural for the skin to be delicate for a while after any peeling treatments, so treat it constantly with sunscreen and avoid lying out in the sun or using a sunbed.

A glycolic acid peel will help to give you a glowing, healthy looking skin which will help you, especially if you're an acne sufferer, to have renewed confidence.

## Trichloroacetic Acid (TCA) Peels

Trichloroacetic acid (TCA) is a medium depth peel and one of the most popular chemical peels. It is used by doctors, dermatologists and plastic surgeons, and produces results in half the time of the Obagi Blue Peel.

For patients who want to reduce the appearance of fine wrinkles, brown spots, sun damaged skin and acne scars, this is the answer.

A tca chemical peel will remove several layers of the outer skin over a period of weeks revealing a smooth, revitalized layer of skin beneath. It will help to bring back the glow to your appearance and in some cases eliminate altogether the appearance of brown spots and sun damaged skin.

The chemical is applied to your skin with a brush and left for approximately 30 minutes, during which time you will be monitored.

The tca peel is then removed and an oil based steroid ointment applied to protect your skin and prevent it from drying out.

Over a period of 2-3 days your skin will start to peel, and this can be gently taken off and Vaseline applied to retain the moisture.

During the following weeks your skin will start to take on a refreshed glow. In these weeks it's essential you continue to apply the ointments and keep out of the sun.

There may be side effects after a tca facial peel and these are usually in the form of redness, which will disappear after a couple of hours, and a slight swelling. Your physician will no doubt make you aware of this and give you the appropriate medication to combat any discomfort.

The long term effects of a tca peel are a smoother, glowing, healthy looking skin. However, it may be necessary to have more than one peel to achieve a long lasting effect.

As with all chemical peels it is important to apply sunscreen daily, and to avoid over exposure to the sun or sun beds

## Phenol Peel

Phenol chemical peel is the deepest chemical peel using carbolic acid to achieve deep exfoliation. It is especially suitable for deep set wrinkles around the lip and chin area as well as for sun damaged or pigmented facial areas.

However, a phenol peel is not recommended for those who have heart problems as it can cause an irregular heartbeat in such patients.

A phenol peel works as an anaesthetic once it's applied over the area to be treated. The procedure can take anywhere from 30 minutes to one and a half hours, but during this time you will be monitored constantly.

Once the procedure is over the skin will be neutralized with cold water and covered in petroleum jelly to protect the crust.

The first results of the treatment can be seen within 2-3 weeks and the total recovery period is within 2-3 months.

### **Complications and drawbacks of phenol peels**

There will be a reddening of the skin immediately after treatment, and the face may become swollen. It's important to discuss these issues with your physician who will explain these problems to you and supply you with medicated treatments to help soothe and aid recovery.

It is also important to bear in mind that it will take time before you see the full results from your deep chemical peel. However, just the one treatment will last for decades and will have a profound effect upon wrinkles.

Once the redness subsides your skin will gradually become permanently pale. It is therefore only suitable for people who already have a pale complexion. Olive or dark coloured skin will not be suitable for this treatment.

### **Benefits of phenol peels**

Your skin will be clear of wrinkles and will look radiant and healthy. It's essential you use sunscreen at all times and avoid excessive exposure to the sun.

A phenol chemical peel will have a long lasting effect on your skin, thus avoiding the necessity to have further treatment for a long time to come.

## Are Chemical Peels Safe For All Skin Types?

There are three types of chemical peel treatments available, mild, medium and strong. In all three treatments the object is to remove the outer layers of the skin's surface to reveal fresh new skin beneath.

### **Mild facial peels**

Remove just a few layers of skin and are suitable for most skin types. A mild face chemical peel would be suitable for those who have sensitive skin, as they are less likely to cause complications, although there is always a chance that discolouring or scarring will occur. It's always best to consult with your physician before undergoing any facial chemical peel as he will be able to ascertain if there are likely to be any real problems with your skin type.

### **Medium chemical peels**

Are suitable for patients with a normal skin type who are not prone to brown discoloration after injury. A medium chemical peel will help to get rid of some wrinkles and fine lines and will rejuvenate the skin's surface, but there's a greater chance of complications and increased sensitivity to sunlight.

These may be fairly minor and show themselves in the form of reddening skin, and a swollen face. However, these symptoms will usually subside after a short while.

There may be a risk of infection, but your physician will provide you with medication in the form of ointments and painkillers to counteract the problem. Whilst the old skin cells are peeling off you may experience a tightness and itching, and your skin will also feel dry. Constant application of sunscreen, and steroid ointment will help in this respect.

The recovery time from a medium facial peel is roughly ten days, so for those patients who need to return to work as quickly as possible this is probably the best option.

### **Strong chemical peels**

Such as Phenol peels will have a permanent bleaching effect upon the skin, and will take longer for the skin to heal. This treatment peels many layers of skin and the end result is a very pale complexion.

This type of chemical acid peel is not suitable therefore for people with olive or dark skin as it can cause permanent discoloration.

## Everything You Need To Know About Chemical Facial Peels

Phenol peels are really only suitable for people with fair skin in the first place, and should not be considered if you are subject to a sensitive skin.

It's important to investigate thoroughly into any of the above treatments in order to ascertain the best one for you.

## How To Prepare For Your Chemical Peel Treatment

Your physician will no doubt advise you of the best way to prepare for your chemical peel skin care treatment, which advice will depend on the density of the chemical peel you're about to have. However, there are things you can do in preparation.

So, if you want to achieve the very best results it's essential you take the necessary steps to prepare your skin for the forthcoming facial peel treatment.

Smoking and sunbathing generate free radicals which harm the texture of the skin and destroy the support collagen and elastic fibers. The outcome of the facial peel therefore will not be good. For this reason it's important to stop smoking at least two weeks before treatment and to avoid sunbathing for at least two months.

If you suffer from cold sores the doctor may prescribe Prophylactic Acyclovir, to counteract the effects of the chemical peels on the areas around the nose and mouth.

It's essential during the weeks prior to a facial chemical peel for you to carry out deep pore cleansing at least twice a day, with facial scrubs, and deep moisturizing creams.

If you're to have a strong chemical peel it's most likely you will be advised to have mild skin peels on a weekly basis prior to your final treatment. This will ensure the right therapeutic level of skin care which is essential to prevent the skin from hardening after strong chemicals have been applied.

In order to get the very best results from your chemical peel it's of primary importance that you take steps to cleanse your skin thoroughly on a daily basis, and ask your physician for any creams that will help to achieve the desired results.

Avoid anything that will cause your skin to be less than susceptible to the procedure. Good chemical peel skin care preparation, is essential if you're to be completely satisfied with the end result.

## Chemical Peel Post Care - How to Take Care Of Your Skin After A Chemical Peel

Once you've undergone the treatment to peel off the outer layers of the skin's surface there will be a period when the old layers will gradually peel off and new refreshed skin appears beneath. It's during this time that post chemical peel skincare must be strictly adhered to.

### **After Chemical Peel Skincare**

As the new layers appear they will be in need of constant moisturizing and treatment with an oil based steroid ointment.

The old skin must be left to come off at it's own pace as forced peeling can cause infection which will then require treatment.

It's imperative that you stay away from direct sunlight and treat the new skin with sunscreen. Remember this new skin will be quite delicate for a while and must be treated carefully. Vaseline should be applied several times a day to avoid cracking and drying out.

It's advisable to avoid using make-up for a few days after peeling is complete to give the new skin time to heal. It's possible that a secondary peel may occur during the second week so ensure that the whole process has taken place.

If you have been a sun addict then habitual use of sunscreen will help to prevent further sun damage and maintain the improved skin quality. Use of vitamin creams such as enzyme creams can assist in reversing some of the effects of sun damage.

There's no point in going through a chemical peel if you're not prepared to continue with the daily care of your skin. All skin needs to be protected from the elements and it's a daily routine which will improve the condition of your skin and help you to maintain a youthful, healthy glow.

Post chemical peel skincare is something your doctor will discuss with you in detail. It's essential you follow his advice faithfully and you'll most certainly be pleased with the results.

## Chemical Peel Side Effects

The purpose of a chemical peel is to peel away several layers of skin on the face to reveal healthy and rejuvenated skin beneath. As with any surgery, no matter how minor, there is always the possibility of side effects occurring.

Chemical peel side effects depend largely upon the chemical used in the first instance. After a mild chemical peel i.e., AHA, TCA, there is usually a redness of the skin, drying, flaking or scaling. However, these side effects usually disappear fairly quickly and don't prevent the patient from returning to work.

There are instances when a patient will have a more severe reaction which includes swelling of the face, sometimes to the extent where the eyes are swollen shut. This is usually when there's been a stronger chemical peel used and it's advisable in these cases for the patient to remain at home for at least two to three weeks to allow sufficient time for recovery.

The skin may form a temporary crust which will feel tight and uncomfortable, and for this reason the doctor may prescribe a mild medication. It's important to keep the skin moisturized during this period and to treat it gently, as any forced pulling of the crust may result in scarring and infection.

Cleanliness is essential at this time, but avoid using soap on the face as this will make the skin very dry. Use sunscreen daily and avoid direct sunlight.

It's important to be aware that the skin is very vulnerable at this time and so every precaution must be taken to keep it well moisturized, and away from any harmful highly scented products.

The long term results of a chemical peel are as a rule very good, but it's essential you're made aware initially of the chemical peel side effects so you can be ready to counteract them.

## The Costs of Chemical Peels

Chemical peel cost will vary from one area to another, and will be dependent upon which type of chemical peel that you are having.

### **Chemical peel costs**

A mild chemical peel using glycolic acid, lactic acid or salicylic acid will cost between \$150-\$300. This cost is for the doctor's fees only and does not cover the cost of anaesthesia, the use of an operating room, or, if needed, a stay in hospital.

Medium chemical peels using trichloroacetic acid smoothes out surface wrinkles, removes superficial blemishes and corrects uneven skin tone. This treatment can cost from \$1000-\$2000. Bear in mind that it's likely this treatment will need to be repeated every two to three months, so this should be a consideration when working out your budget.

Deep chemical peels using phenol acid will remove several more layers of skin and will eliminate sun damaged skin and acne scars. This treatment gives longer lasting results and will cost approximately \$2500-\$6000. These costs usually include consultation fees and any follow-up care deemed necessary.

The cost of chemical peels is also dependent upon any other issues the patient may have, and so the above pricing is approximate only.

In the case of chemical peels on suspected cancerous tissue it may be possible to get help from your insurance company, but this would have to be discussed with the people concerned.

Generally speaking it's best to discuss all the options which may be open to you with your doctor who can advise you on the best way to overcome any expenditure which may result over and above the original chemical peel price.

Before you decide, you must also consider whether or not in the case of the mild or medium chemical peels, you'll be able to fund any future treatment comfortably, bearing in mind they may need to be repeated every 2-3 months.

## 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**

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.

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.

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.

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 peels**

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.

This procedure will obviously be more costly, but will give longer lasting results.

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.

## Microdermabrasion vs. Chemical Peels

A microdermabrasion vs a chemical peel treatment is really dependent upon cost, and the condition of your skin.

Microdermabrasion resurfaces the skin using a blast of crystals, zinc or natural salt which removes the top layer of skin cells. A wand is used to carry out the procedure and in the wand itself is an adjacent vacuum which sucks up the used crystals and microscopic pieces of skin that have been knocked loose.

This procedure reveals the fresh skin and in turn stimulates the deeper skin layers encouraging new basal skin cells to be produced.

Microdermabrasion will help to correct superficial imperfections such as mild acne, clogged pores etc. It's a much milder treatment and produces a slight redness of the skin, but will take only a few days to return to normal.

It will be necessary to have approximately 6-12 sessions 2 weeks apart to attain the required result, and maintenance every 2-3 months. The side effects are minimal you can return to work immediately.

Chemical peels are more invasive and will penetrate deeper into the skin layers. There will most certainly be some side effects such as red and swollen face, and dry, flaking and crusting skin. This will depend of course on the chemical peel used, but whether they are mild, medium or strong in intensity, there will be some slight discomfort.

Chemical peels should always be carried out by a qualified doctor, and it may be necessary to have some medication following the treatment.

Microdermabrasion rarely, if ever, causes side effects and can be carried out in a Spa or office.

Chemical peels have a longer lasting effect upon the skin, but require a longer recovery period.

A Microdermabrasion vs a chemical peel treatment is the patient's personal choice, but the above considerations must be taken into account.

## Tips On Choosing The Best Chemical Peel For You

In order to choose the best chemical peel it's important to know your skin type. Some guidelines on choosing the right chemical peel for you are set out below, but remember also to consult your doctor who will help you to decide which facial peel is right for you.

### **Acne prone skin**

A chemical peel that contains salicylic acid is recommended for acne sufferers as it kills the bacteria that causes the acne. If you suffer with this problem, a facial peel will remove several layers of skin making way for revitalized skin underneath. It will help to reduce, or even eliminate acne scars and bring back a smooth clear complexion.

### **Sensitive skin**

If you have a sensitive skin, or suffer from a condition known as Rosacea, then a milder chemical peel is recommended. A peel that contains lactic acid is best suited to a sensitive skin and there will be less likelihood of scarring or tissue damage.

### **Mature skin**

For a more mature skin Vitamin C is a great peel as it helps to hydrate and keeps fine lines from being too prominent. Certainly a stronger chemical peel will produce good results on a more mature skin, provided of course your skin is not sensitive.

Chemical peels can give your skin a new lease on life, but caring for your skin every day is also a very important part of retaining a younger, healthier looking you. Neglect is one of the major causes of ageing skin, and it must be emphasized that having a chemical peel is a waste of time if, in the long run, you do not look after the nourishing and protection of your skin.

Daily cleansing and moisturizing, at least twice a day, will help you to retain a smooth and glowing skin, as will the application of sunscreen and a good healthy diet.

## Everything You Need To Know About Chemical Facial Peels



If you're looking for the convenience of an at-home chemical peel treatment that delivers professional results, then I highly recommend the [Skin Culture Skinpeel](#).

If acne scars, blackheads, large pores, uneven skin tone or blemishes affect your appearance, then join the hundreds of thousands of men and women who have used this unique skin peel to help improve their complexions.

[Click Here To Try The Skin Culture Skinpeel System Today](#)