

What to expect during a professional chemical peel procedure

Peel procedure takes around 10-30 minutes, depending on the type of peel and the number of layers applied. Combined full treatment experience at SPMA is 60 minutes.

During the peel procedure, some mild tingling, itching, and heating sensation may be temporarily experienced.

What happens after the procedure

The day after the procedure the skin may feel tight

3 to 14 days out, flaking and peeling **may occur**, although not required to achieve the optimal results.

All peel procedures may cause sensitivity to heat and sun for several days, wear sunscreen!

How to prepare for a peel

Discontinue topical retinoids at least 1 week before the chemical peel; oral retinoids require a 6 month washout period

Provide accurate and complete medical history including all prescription medication and other cosmetic treatments

Do not shave treatment area the day of your peel

After peel (7-14 days)

- Follow post-procedure care
- Wait a minimum of 2 hours before contact with water
- Avoid strenuous exercise on the day of the procedure
- Avoid sun exposure by wearing protective clothing and sunscreen
- Do not rub or scratch the area treated
- Do not pull on the skin to facilitate the peeling
- Avoid using products with retinoids, AHAs or BHAs until the skin has returned to baseline
- Do not use scrubs or abrasive cleansers

Exclusion Criteria: If you have any of the following, chemical peel would be contraindicated

- Presence of active herpes simplex lesions in the area treated
- Recent (less than 6 months) facial surgery, blepharoplasty, face lift, etc.
- Recent (less than 6 months) laser treatments, dermabrasion and any other treatment that may alter or compromise skin
- Recent (less than 6 months) use of Accutane
- Previous radiotherapy of the portion of the skin to be exfoliated that might compromise the skin
- Family history of developing keloids and or hypertrophic scars
- Family history of post-inflammatory hyperpigmentation
- Pregnancy/breastfeeding
- Treatments with oral retinoids (less than 6 months)
- Recent or planned sun exposure
- Other related medical conditions to be discussed with SPMA staff



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