

### **LIGHT CHEMICAL PEELS**

These peels are primarily freshening or sometimes referred to as “Lunch-time Peels”. They are excellent for improving the tone, texture, and color of the skin and are especially helpful in improving the lusterless appearance of facial skin that often accompanies photoaging. They are also helpful for improving minor facial discoloration (brown or age spots) and very fine lines or wrinkles. Acne blemishes, blackheads, and whiteheads can likewise be improved.

Light peels are performed using either glycolic acid (also known as fruit acid or alpha hydroxy acid) or salicylic acid (a beta hydroxy acid) depending upon the condition being treated. The skin is not actually “peeled off” in a single sheet or layer, but rather is irritated in such a manner as to slowly and almost imperceptibly flake off over a period of several days. These peels are nearly painless and can be applied in less than 15 minutes. You can return to work or other activities immediately, with only mild redness as a sign that the procedure has been done. Unlike deeper chemical peels, there is very little or no time needed after the peel for recovery. Most patients require 6-10 peels at 2-4 week intervals to achieve optimum results. You will also be given recommendations for daily skin care and sunscreen use, which are necessary to maintain this improvement.

#### **Pre-Operative Preparation**

Avoid the following for at least 48 hours prior to your peel.

- All cosmetics, including eye care products and mascara, moisturizers, and sunscreens.
- Medicated facial products such as acne products, Retin A, Renova or similar products, Alpha Hydroxy Acids such as Glycolic Acid.
- Clay mask, scrubs, or other exfoliating agents.
- Self-tanning agents.
- Facial waxing or electrolysis.

#### **Additionally:**

- Avoid sun tanning at least 6-8 weeks before treatment.
- You should not have taken Accutane for at least one year prior to your treatment.
- If you have a history of cold sores, fever blisters, or herpes infections, please notify us.
- Arrive at the office at the appointed time with a freshly shampooed scalp and washed face (free from make-up or closely shaven).

#### **Post Peel**

- Generally, make-up can be applied the next day.
- Avoid exercise for at least a few hours after the procedure.
- Direct sun exposure without sunscreens of SPF 15 or higher should be avoided.
- You may resume normal daily skin care and moisturizers immediately after treatment.
- Do not resume glycolic acid products, Retin A, Renova, or other medicated creams until peeling is complete.
- Remember that improvement is not immediate and a series of peels is necessary to obtain optimum results.
- Unfortunately, as with all cosmetic procedures, no assurances or guarantees can be given regarding the final result.

We are pleased you have chosen New England Dermatology & Laser Center for your skin care and appreciate your confidence in us.