Chemical Peel Overview

Chemical peeling has been around for 1000’s of years. Their popularity ebb’s and flow’s depending on whatever the latest, most expensive rejuvenation equipment that is available. Chemical peels remain a steady, tried and true, cost effective procedure to improve the skin’s appearance.

Chemical peels vary in strengths from superficial, with no down time, to a medium depth peel, where patients usually stay home while peeling.

Superficial peels are best suited for mild to moderate textural imperfections, fine lines, clearing pores, pigment and acne. A superficial peel makes your skin feel fresh and smooth with a temporary glow. These peels are best for patients with busy schedules or to help maintain the skin after a bigger procedure. For ultimate results they are done on a regular basis.

Light and medium depth peels are designed for more involved pigmenitary problems, sun damage and aging. They are the quickest and most cost effective way to skin rejuvenation. The disadvantage is that most people need to stay off work for 5 days while peeling. However, once the skin has peeled, there is obvious improvement.

**Superficial peels**

**Glycolic Peels:**
- Maintain healthy cellular skin cell turnover
- 1-6 treatments or maintenance monthly

**Salicylic Peels:**
- Exfoliates the outer epidermis to help clear the pores and is also Anti-inflammatory acne
- Treatment varies depending on need

**Vitalize Peel**
- Penetrates deeper into the outer skin layer
- Mild to heavy flaking for 2-5 days
- Recommend 3-6 treatments

**Vi Peel**
- Penetrates to the upper dermal (middle) layer of the skin
- Heavy flake to peeling for 3-5 days
- Recommend 2-4 treatments (some patients choose to stay home for all or part of the peel)

**Light-Medium Depth Peels**

**Jessners Peel:**
- Penetrates to the mid dermal layer of the skin
- Skin darkens, dries and peels for 5-6 days (most patients choose to stay home)
- 1 treatment is usually adequate, can be repeated in 1 month

**Jessners Peel + TCA 25%:**
- Skin darkens, swells, dries and peels for 5-6 days (most patients choose to stay home)
- 1 treatment is usually adequate, can be repeated in 3 months

A combination of other products may be added to your treatment to enhance or maintain the peels:

- Tretinoin – helps cell turnover, pigment, collagen, texture
- Hydroquinone- helps with pigment
- Sunscreen – A DAILY MUST – year round
- Home peels
- Superficial glycolic peels in office for maintenance