

What to expect from your Light Chemical Peel

Chemical Peeling is a “skin cell loosening” formula. It is used to help “dry out” active acne (loosening deep impactions making them easier to extract), help reduce shallow wrinkling and scarring, to help lighten hyperpigmented spots (dark spots on the skin), and to help improve the appearance and health of sun-damaged, acne-prone and aging skin.

Day 1

Immediately following the peel, the skin may appear red as though sunburned. Avoid **any** sun - as always. You may wash your skin approximately 3-4 hours after the peel and ice as often as needed for comfort. Medicate as usual unless instructed not to. Later this day, your skin should look relatively normal.

Days 2 & 3

The skin may appear slightly darker and have a dry appearance. This is normal and expected. Usually, you will start to slough around the chin and mouth area. Sloughing may also progress to the cheeks, eyes and forehead. Compressing and/or showering helps remove flaking skin cells. Do not deliberately pull off flaking skin, if there is any! This may result in scarring. Avoid direct sun. Medicate as directed.

Days 4 & 5

The skin will be exfoliating rapidly (though this may not be visible) and will be more sensitive to the sun. You will not peel. Your skin should appear relatively normal, though will be thinner, brighter, and slightly more sensitive. Continue to medicate as directed.

Preparing for your peel:

Medicate as directed. If the skin is slightly dehydrated going into the peel, the peel will penetrate deeper. Meaning: The better the prep, the better the peel.

After your peel:

As the skin sheds, the medications used at home will penetrate more efficiently, therefore will be more effective. There are specific instructions to be followed after your skin peel – this is as important as the peel itself and will make or break the result. Every client's skin is different so be sure to medicate as directed by your esthetician. **NOTE: There are no guarantees as to how much the skin will peel.**

Exposure to the sun should be very limited. If you must be out in the sun, wear a hat and reapply sunscreen every 1-2 hours. The sun will scar your skin rapidly and increase sensitivity, leading to a deeper burn, resulting in melasma (hyperpigmentation).

If you have any questions, please call our Santa Monica clinic at 424.280.4591 or email info@correctiveskincarela.com.