



Chemical Peels



مستشفى الزهراء الشارقة
AL-ZAHRA HOSPITAL SHARJAH
THE HEALING TOUCH المسة الشافية

Are Chemical Peels painful?

Chemical Peels sting but do not cause a great deal of pain. The gentlest peels use alpha hydroxyl, glycolic acid, lactic or fruit acids are also gentle. They may cause stinging, redness, irritation and crusting but as the skin begins to adjust all these problems will lessen. Trichloroacetic acids are used for stronger peelings. They remove wrinkles, superficial blemishes and pigment problems. Phenol is the strongest of all treatments and removes deep Lines and wrinkles on the face. These types of treatments sting more than those with the gentler acids. After the treatments there may be redness, swelling and irritation but the use of creams and gels will reduce these effects. Also the doctor may prescribe medicines that will help relieve the problems after the peel,

What are the complications or potential side effects of a chemical peel?

Temporary change in skin color particularly for women on birth control pills who subsequently become pregnant or have a history of brownish facial discoloration.

Reactivation of cold sores

What can I expect after having a chemical peel?

All peels require some follow up care:

Superficial peels require one to seven days to heal. Treated skin will initially be red and may scale. Lotion or cream should be applied until the skin heals, followed by daily use of sunscreen. Makeup can usually be worn the next day.

Medium peels require one week to heal. Treated skin will initially be red and swollen. Swelling worsens for the first 48 hours, Skin crusts and peels off in seven to 14 days. Skin must be soaked daily for a specified period, followed by ointment application. Mild lotion or cream may be applied.

Avoid all sun exposure until, healing is complete. Camouflage makeup may be worn after five to seven days.

A follow-up appointment will be necessary to monitor progress.

Sun exposure and smoking after a chemical peel must be avoided because they can cause unwanted side effects, including infection and scarring.

What is a Chemical Peel?

A chemical peel is a technique to improve the appearance of the skin of the face, neck or hands. A chemical solution is applied to the skin that causes it to exfoliate and eventually peel off. The new, regenerated skin is usually smoother and less wrinkled than the old skin. The new skin is also temporarily more sensitive to the sun

What are the types of Chemical Peels?

Superficial or Lunchtime Peel: Alpha hydroxy acid or a mild acid is used to penetrate only the outer Layer of skin to gently exfoliate it. The treatment is used to improve the appearance of

mild skin discoloration and rough skin as well as to refresh the face, neck, chest or hands.

Medium Peel: Glycolic or trichloroacetic acid is applied to penetrate the out and middle layers of skin to remove damaged skin cells. The treatment is used to improve age spots, fine lines and wrinkles, freckles and moderate skin discoloration. It can also be used to smooth rough skin and treat some precancerous skin growths i.e. actinic keratosis

Deep Peel: Trichloroacetic acid or phenol (in high concentration) is applied to deeply penetrate the middle layer of skin to remove damaged skin cells. The treatment removes moderate Lines, age spots, freckles and shallow scars. Patients will see a dramatic improvement in skin appearance. The procedure is used on the face and only can be performed once.

What should be done before considering a Chemical Peel?

A thorough evaluation by a dermatologic surgeon is imperative before embarking upon a chemical peel.

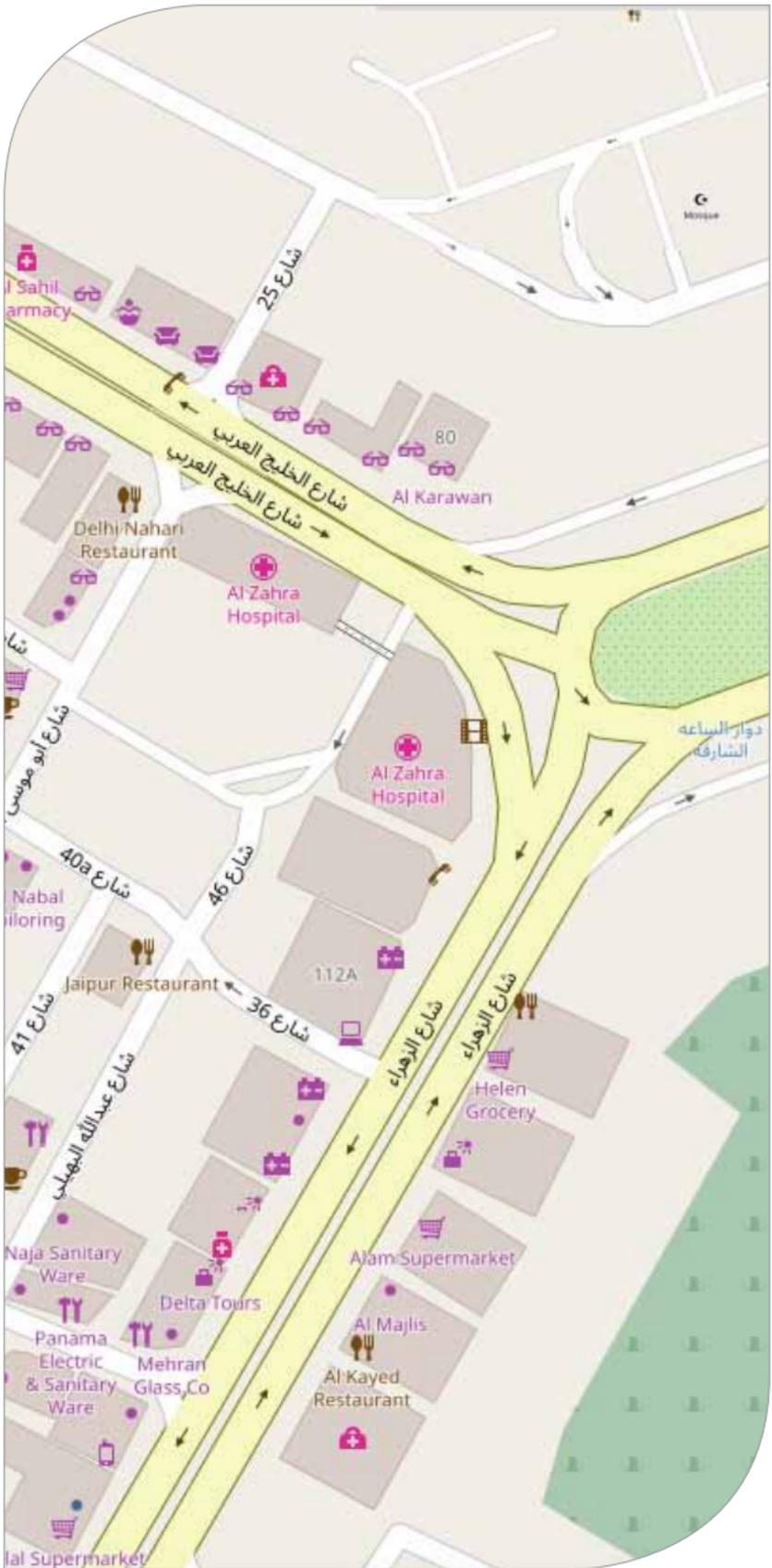
When is a Chemical Peel appropriate?

Chemical Peels are used to treat a number of conditions including:

Acne scars, Dark spots (melisma), Dark circles around eyes, Aging skin, Crow's feet, Scars, Sun damaged skin, Sagging skin and Fine Wrinkles

Who is not a candidate for Chemical Peel?

The procedure is not recommended for individuals with infections, active skin disease, cut or broken skin, sunburns or active Herpes simplex sores. Other contraindications include patients who are nursing or pregnant, have taken Accutane in last six months and have Psoriasis, Eczema, Dermatitis or Rosacea.



For any further information or to make a further appointment with
Please visit www.alzahra.com or call 06 5619999