

# LIGHT CHEMICAL PEELS

The procedure known as a Light Chemical Peel has been very beneficial in the treatment of acne, as well as for mildly sun-damaged skin.

The skin is first thoroughly cleansed and the mixture of chemicals is then applied with a cotton-tipped applicator. Most patients report a warm to somewhat hot sensation which lasts about 10-15 minutes. The skin turns a frosty white and then gradually becomes red. The redness lasts about one to two days and then becomes brownish. The skin will begin to peel as if it had been very sunburned. The peeling varies from person to person, usually beginning by the third day and lasting for one to three days.

**PLEASE DO NOT PICK OR PEEL THE SKIN** since this may lead to scarring. The dry flaking skin will come off as you wash your face two times daily. **DO NOT APPLY ANY ACNE MEDICATION** to your skin for six days; however, you may continue to take your acne pills (except Accutane). Your skin may get swollen and feel tight and dry, particularly around the mouth and chin. **DO NOT GO IN THE SUN FOR TWO WEEKS.**

The procedure has been very safe. There has been a rare incidence of the reactivation of cold sores (herpes simplex) in patients with a prior history of cold sores. There has also been a rare incidence of increased or uneven pigmentation which can result from this procedure.

## INSTRUCTIONS AFTER A LIGHT CHEMICAL PEEL

1. You may wash your face one hour after the treatment. You may wash your face two to three times daily.
2. **DO NOT USE ANY MEDICATIONS OR CREAM** on your face unless directed by the doctor for the next six days. You may continue to take your acne pills (except Accutane).
3. **DO NOT PICK OR PEEL THE SKIN** as it begins to come off. let the skin peel off by itself or as you wash it. Picking the skin may lead to scarring.
4. When the skin becomes dry and starts to peel, you may apply \_\_\_\_\_.
5. **DO NOT GO IN THE SUN FOR TWO WEEKS.**
6. You may wear light, water-based makeup.
7. You may expect some redness, swelling and discomfort.
8. Please remember to apply sunscreen of at least SPF 15 in the future.