



## PROGRESSIVE SKIN PEELS

FYI

### DEFINITION

Progressive skin peeling is the application of one or more topical acids or enzymes to the skin resulting in the removal of the outer most layers of the skin called the stratum corneum or epidermis. As a result, regeneration of new and healthier appearing skin appears in days to weeks. **Progressive Skin Peels** are classified as *light, standard, moderate and intense* depending upon the degree of penetration and amount of skin removed. This information sheet is about **Light Skin Peels**. These peels provide results with no 'down-time'. A series of multiple peels is usually performed to achieve the desired effect and results.

### BENEFITS OF SKIN PEELING

- Lifts away dead skin cells (exfoliation)
- Stimulates skin at the basal layer, which increases cell renewal
- Smooths the outer texture of the skin
- Evens skin tone, lightens and brightens skin, helps fade hyperpigmentation
- Firms and tones skin
- Diminishes fine lines
- Minimizes enlarged pores
- Reduces sebaceous (oil) activity
- Improves acne conditions
- Surfaces impurities
- Promotes overall healthier skin and hydration

### TYPES OF LIGHT PROGRESSIVE SKIN PEELS

These peels that are usually done in a series of treatments every 1-2 weeks for an average of 6-8 treatments and have no down time. After an initial series of treatments, maintenance peels are done periodically to maintain results.

- Alpha Hydroxy Acids (AHA)
  - Glycolic: Derived from sugar cane
  - Lactic: Derived from milk
- Beta Hydroxy Acids (BHA)
  - Salicylic (low concentrations)
- Enzymes
  - Pumpkin

Your aesthetician will determine what type of peel or combination of peels is best to treat your type and condition(s).

## **GUEST CONSULTATION**

- Prior to your first treatment, a free consultation will be performed so that your aesthetician can determine the best type of peel and treatment protocol to address your particular skin concerns, skin type and condition.
- You will be asked to complete the Guest Derma Analysis Questionnaire to assist your aesthetician in evaluating your skin history and concerns and to assess for any contraindications to the chemical peel.
- A patch test to assess for allergic response to the peel solution will also be done at this time. **Please arrive 15 minutes prior to your consultation appointment to read and complete necessary forms.**
- An important part of the success and results of these skin peeling treatments is dependent upon following a home care regimen designed for your individual skin conditions. You may be asked to begin a pre-treatment regimen for 2-4 weeks prior to your first skin peel depending on your specific skin needs and current home care regimen.

## **SIDE EFFECTS**

- Depending upon the type of skin peel used, a reaction similar to a sunburn may occur during and/or after the treatment. Progressive skin peels may result in redness that lasts 12-48 hours, followed by scaling or peeling that resolves in few days.
- It is important not to scratch, pick, or rub the skin to avoid risk of scarring or infection.
- Complications are rare with light progressive skin peels but can include: scabbing, scarring, hyperpigmentation, reactivation of oral herpes (cold sores), or infection.
- If you are prone to oral herpes (cold sores) you will need a prescription antiviral medication from your doctor. You will need to begin taking this medication 2 days prior to your chemical peel to avoid an outbreak and continue for 5 days after the peel.

## **GUEST COMPLIANCE**

- It is important to read and follow the pre and post treatment instructions carefully to ensure the success of your treatment.
- You must avoid sun both before and after a skin peel. Tanning (including tanning beds) is counterproductive to peeling and a contraindication to treatment. If you tan, less assertive skin care treatments will be recommended.

## **CONTRAINDICATIONS** (*List is not all inclusive*)

- If you have completed a course of Accutane within one year, progressive skin peels cannot be performed.
- If you are pregnant or lactating, progressive skin peels cannot be performed.
- If you have had laser resurfacing within one year, progressive skin peels cannot be performed.
- If you have had a phenol or other deep peel within two years, progressive skin peels cannot be performed.
- If you are a diabetic and have poor healing you are not a candidate for a progressive skin peels.
- If you have a tendency to scar or form keloid scars, you are not a candidate for a progressive skin peels. If you have an autoimmune disease you are not a candidate for a progressive skin peels.

If you are not a candidate for a progressive skin peel, your aesthetician will gladly discuss other skin care treatments to address your skin concerns and improve the appearance of your skin.

**CONSENT FORM**

You will be asked to read and sign a consent form prior to your treatment.