
DERMATOLOGY AND DERMATOLOGIC SURGERY

Medium Depth Chemical Peels for Cosmetics

A medium depth chemical peel (e.g. Jessner peel followed by TCA) can be used in patients with freckling, solar lentigos, and photoaging. Medium depth chemical peels work best when performed in series of 3 to 6 peels. They can be performed **every 6-8 weeks**. They may not be suitable for patients with darker skin types. Although rare, complications may occur including persistent redness, infection, scarring, and skin discoloration.

It is important to follow all directions to correctly prep your skin before the peel and to take care of it afterwards.

You must let your doctor know if you have a history of cold sores (herpes simplex) or have been on isotretinoin (Accutane) in the past.

Before your peel:

- You should stop using any retinoids 2-4 days before your peel to avoid redness and peeling of skin the day of your chemical peel.
- You must follow strict sun avoidance with a broad-spectrum sunscreen of SPF 30+ daily.
- Do not wax 1 week before your peel.
- Male patients should not shave the *day before* (NOT the day of) the chemical peel.
- If you have a history of cold sores, you will be given a prescription for Valtrex to begin **1 day before** your peel.

On the day of your peel:

- Please arrive at the office with a fully cleansed face. No makeup, aftershave, or cologne should be applied.
- Continue taking Valtrex if prescribed.

After your peel:

- Your skin will be pink like a sunburn and then become tight and start to peel in 2 to 3 days. Peeling can continue for 1 week or so.
- Resist the urge to pick, peel, or scratch at the treated area. Doing these activities could lead to discoloration or scarring. Let the skin peel at its own pace.
- Occasionally, facial and eyelid swelling may occur on the first and second day after the peel. Sleeping with the head elevated for the night and frequent cool tap water or ice compresses will help reduce swelling.
- Use dilute vinegar soaks (1 part white vinegar in 5 parts water) to soak and cleanse the treated area 3 to 5 times daily.
- After 24 hours, use a mild cleanser on your face (e.g. Cetaphil, CeraVe). Do not scrub or pick at flaking skin.
- Keep skin moisturized with a non-comedogenic moisturizer (e.g. La Roche Posay Lipikar Balm or Cicaplast, La Roche Posay Cicaplast, Cetaphil, CeraVe, Avene Cicaplast).
- Avoid direct sunlight for at least 3 weeks after your peel.
- Pay attention to how much skin peeled in each area. Report this to your doctor at your next appointment.
- Should you develop any new sores, blisters, scabs, or pus bumps in the treated area, ***please call to be seen immediately.***
- You will plan to follow up in 1-2 weeks to monitor how your skin has progressed.

If you have any questions or are concerned about your procedure, please call the office at (856) 596-0111 or text us via Klara at (856) 481-7851 or via our website at www.hmgssderm.com