

## Salicylic Acid Chemical Peels

A salicylic acid peel is a superficial chemical peel that is ideally suited for oily-skinned patients, especially those with acne or rosacea. Salicylic acid chemical peels work best when performed in series of 3 to 6 peels. They can be performed in patients of any skin color every 2 to 4 weeks. For patients with acne, comedone extraction can be performed immediately after a peel for an additional charge.

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. Salicylic acid chemical peels should not be performed on patients with an allergy to aspirin, strawberries, or other salicylates; or patients who are pregnant.

### Before your peel:

- Begin using a topical retinoid (e.g. adapalene, tretinoin, trifarotene, tazarotene) 2 to 6 weeks before your peel. You should stop 3-5 days before your peel to avoid redness and peeling of skin the day of your chemical peel.
- Stop any benzoyl peroxide containing products 1-2 days before 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 of the chemical peel – rather shave the day before.

### On the day of your peel:

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

### After your peel:

- Your skin may be pink and white initially then become tight. You might start to have mild flaking or dryness in 2 to 3 days. This 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.
- Use cool water soaks with a clean washcloth or ice packs for persistent burning.
- Use a mild cleanser (e.g. Cetaphil, CeraVe, Vanicream) to wash your face for the first 48 hours or until all post-peel irritation subsides.
- Keep skin moisturized with a non-comedogenic moisturizer (e.g. Cetaphil, CeraVe, Vanicream).
- Water-based makeup can be used within a few days after the peel, and you can return to your usual skin care products once all post-peel irritation subsides.
- You can restart your topical retinoid in 3 to 5 days, when your skin is healed. If your skin feels too irritated, wait another few days and try again.
- 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 compresses will help reduce swelling.
- 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.

*If you have any questions, please call the office at (856) 596-0111 or text us via Klara at (856) 481-7851 or message us via our website at [www.hmgsderm.com](http://www.hmgsderm.com)*