



GLYCOLIC SKIN PEELS INFORMATION & AFTERCARE

Chemical peeling is a technique used to improve the appearance of the skin. A chemical solution is applied to the skin which causes it to separate and peel off thereby enabling new skin to regenerate. The new skin is smoother and less wrinkled than the old skin, and may also be more even in color.

This procedure is non-invasive and non surgical. It involves the use of a natural ingredient derived from sugar cane and is a part of the family of Alpha Hydroxy acids [AHA's], which are known for their rejuvenating properties. This is the mildest or shallowest exfoliating peel available. Glycolic acid is a mild chemical solution that removes dead surface cells from the top layer of skin.

What are the benefits?

- Softens and smoothens the skin
- Reduces fine lines and wrinkles as it rejuvenates the skin's collagen
- Re-hydrates dry/dull complexions, making skin more youthful
- Helps to remove acne scars and pigmentation because of its exfoliating properties

What does the procedure involve?

Often referred to as 'lunchtime peels', these treatments can be performed in about 10 to 15 minutes. The procedure may be performed on any part of the body like on the face, neck, legs and arms. Peels vary in their strength and may be superficial, medium or deep. The deeper the peel the longer the recovery time.

A thorough consultation is carried out with the doctor to determine suitability and at this point some home care pre-conditioning creams may be advised. Upon application, patients feel a slight stinging, which subsides after a few minutes. Any redness disappears by the end of the day, and glycolic peels can be repeated as needed. These solutions produce separation and eventually peel off layers of skin enabling skin rejuvenation.

Who can have these treatments?

Fine lines and wrinkles especially under the eye and around the mouth can be treated by peels due to their rejuvenating properties. Pigmentation in the form of sun spots and age spots and blotchiness due to birth control pills also respond very well. A skin that is dull in texture and color will also improve with chemical peeling.



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What are the limitations and drawbacks?

The results of Chemical peels are temporary and treatments must be repeated as needed. This procedure is for superficial skin problems only. In certain skin types, there is a risk of developing a temporary or permanent color change. Birth control pills, pregnancy, or a family history of brownish discoloration on the face may increase the possibility of developing abnormal pigmentation. Persistent redness may also occur and can last for months. While Chemical peels cannot change pore size or remove broken blood vessels on the face, the procedure may improve the appearance of these conditions.

For further information on the procedure, contra-indications for the procedure and after care kindly contact the inclinic doctor.

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