

Office of Ellen Turner M.D.

Post Procedure for Chemical Peels

The following can be expected after undergoing a chemical peel:

- *Immediate pinkness of the skin, giving it a “rosy” glow for the first two days
- *Tight feeling of the skin for 2-3 days
- *Possible darkening of the skin on the 2nd and 3rd day
- *Peeling or flaking of the skin starting on the 3rd or 5th day, which can continue for 7-10 days (this depends on the strength of the peel)
- *Swelling, particularly around the eyes, after stronger peels (minimized with ice packs)
- *Dryness and itching of the skin (minimized by use of specially prescribed creams)

Possible Complications:

Complications could potentially occur with chemical peels, but can be minimized by careful attention to Dr. Turner’s instructions, including frequent hand washing and avoidance of sun exposure.

Contact the office immediately if any of the following occur: *Skin infection (pus,oozing,fever)

- *Appearance of a cold sore on the lips or any other area within the peeled zone (Note: the cold sore can spread if not cared for immediately!)
- *Allergic reaction, acne, or irritation to any of the creams or medications
- *Wind or sun sensitivity
- *Extreme reactions, such as scarring or keloids
- *Increase or decrease in skin pigmentation, which does not blend with normal skin after healing from treatment

After Effects and Care:

Most patients leave the medical office looking healthy and fresh. Any redness or discoloration can easily be covered with makeup and most activities can be resumed right away. It is advised to wait at least 2 hours before washing the face and until the yellow tinge completely disappears. Within 48 hours a mild flaking will occur, which can be controlled with moisturizers, such as SkinMedica’s Ultra Sheer Moisturizer, Sensitive Skin Cleanser is ideal for home care. Foundation can be irritating and should not be worn after Vitalize Peek or during the days when the skin is flaking. Do not “help” the skin peel, with the use of wash cloths, AHA’s, glycolic, vitamin C or retinol creams. Let it shed at its own rate to avoid scarring and irritation. After one week, the use of normal skin care products may be resumed.

Sun Alert

Extra precautions should be taken to avoid sun exposure following the peel. It is recommended that patients use a sunscreen product with an SPF of 30 or higher. We recommended limiting sun exposure for at least one week after the peel is performed. Strenuous exercise should be avoided for two or three days as perspiration may cause irritation to the skin.