



Chemical peeling, a facial dermatologic treatment

The chemical peeling represents a dermal cosmetic procedure consisting in inducing an accelerate skin regeneration in a controlled manner.

➤ How do chemical peelings work?

Chemical peeling is an aesthetic dermatology procedure used to improve the appearance of the skin both on the face and on the area of the neck and hands. Substances are applied on the skin, causing a controlled injury that results in skin peeling and scaling. The regenerated skin is finer, with aesthetically improved appearance.

There are three types:

- Superficial – light acids are used in low concentrations, which only affect the superficial layer of the skin. It is used for hyperpigmentation and for “refreshing” the skin (more hydrated, lighter)
- Medium – more concentrated acids are used, which affect several layers of skin. It is used for actinic keratoses, fine wrinkles, photo aging, and scars.
- Profound – acids in high concentrations are used, penetrating the dermis. It is used in the treatment of scars, but due to the long recovery period and the risk of side effects it is rarely used.

➤ When are the chemical peelings used?

They are used in the treatment of: wrinkles and fine lines, photoaging, non-uniform pigmentation of the face (melasma, ephelides), post acne/post pox scars.

➤ How many meetings do I need?

Usually 4 to 6 sessions are required for optimal results; during the initial medical exam with the dermatologist, he/she will determine the treatment protocol according to the problem being treated and its severity.

➤ How does a chemical peeling session take place?

The session takes 30 minutes. Before peeling, careful cleaning and degreasing with alcohol or acetone solutions is required. The chemical peeling is applied. Depending on the agent used and the desired results, the exposure time varies. Until the peeling is neutralized, patients may experience a burning or a slight stinging sensation, but this is normal and is not a complication of the procedure. At the end, an emollient, healing cream is applied.

➤ What does the skin look like after a chemical peeling?

Superficial-depth peelings have a healing period of 1-5 days, usually do not require medical leave. The skin is usually red and descumates and requires proper hydration, photoprotection, and makeup can be used after 48 hours. Medium-depth peelings require between 7-14 days of healing, usually a few medical leave days are needed. The skin is very red, swollen. It requires a very careful care regime; makeup is used after 5-7 days.

➤ How to look after the skin after a chemical peeling?

Your dermatologist will recommend you to use a combination of healing creams and photoprotection.