

Chemical

Peels

from Dermatology of Northern Colorado

Chemical peels are a safe and effective way to help with skin appearance. They can help improve skin texture as well as help with acne and brown spots. Everyone is different when it comes to how their skin will react.

If you've never had a peel previously, we start with a Jessner's chemical peel. Jessner's peel is considered a "no downtime" peel. Some people may be slightly red for a couple of hours after their peel, but most people will not notice any immediate difference. Over the next couple of days your face may feel drier than usual and you may get some slight peeling that is easily concealed with moisturizer. You should expect more dryness/peeling with your second peel.

If you don't get any dryness with the first peel, then you may elect to step up to a glycolic acid peel. Glycolic acid peels may cause more redness and peeling but patients are generally able to use make-up and moisturizers to conceal any redness/dryness.

Prior to your peel

- **Avoid excess sun**
- **Discontinue any retinoid products** you use 5 days before your peel. These include Retin-A, Tretinoin, Epiduo, Differin, Tazorac, as well as some others.
- **Let your provider know** if you have a history of cold sores. We will provide treatment prior to your peel to help to prevent a flare.

After your peel

- **Use a gentle cleanser** to wash your face for the first 5 days. We recommend **Epionce** gentle face wash or Cerave facial cleanser.
- **Practice good sun protection** with a Titanium or Zinc-based sunscreen for 2 weeks after your peel. Your skin will be more sensitive & needs extra protection. This is especially true if you want to get rid of brown spots. Stick with Revision, Elta, or Tizo brands of sunscreen. Over the counter sunscreens are NOT RECOMMENDED.
- **Your skin may feel more dry** than normal and you may want to use a thicker nighttime moisturizer. We recommend Vanicream or Cerave cream.
- **You may re-start your retinoid** 7 days after your peel. We recommend that you start slow as your face may be more sensitive. Ask us!

More to know...

- **Many people will see skin texture differences** after just one peel but we strongly encourage our patients to schedule 3 (or more) at two week intervals. The first peel takes off the top layer of skin and each subsequent peel yields even better results.
- **After the last peel, we recommend using a retinoid** like **Tretinoin** to help continue the process of skin rejuvenation. We also recommend the nightly use of **Epionce** Lytic moisturizer. This salicylic acid-based moisturizer continues to exfoliate the top layers of skin. Together, these yield the best results.

