



Chemical Peels

There are many types and levels of chemical peels. Peels use a chemical solution to improve and smooth the texture of the facial skin by removing the damaged outer layers. It is helpful for those individuals with facial blemishes, wrinkles, and uneven skin pigmentation.

Peel products purchased over the counter typically have 1 – 2% concentration of effective ingredient. The concentration used in our Ponds Medical Spa starts at 20% and progresses to 70%. Our Aestheticians will typically begin treatment for a patient with a milder concentration peel, and progress to a higher concentration peel over several sessions to achieve the desired result. These peels do not require anesthesia and the patient is well able to drive home without assistance. Patients who are not a candidate for these peels or have a more severe condition may be recommended to a different type of peel performed by the Doctor or a laser treatment.

Peel treatments performed in our Medical Spa usually heal in 24 – 48 hours. Although rare, depending on the concentration of the peel, some patients may experience visible peeling of the skin.

The risks of these treatments while rare are as follows:

Discoloration, scarring and or blistering. If blistering does occur it will usually be only in the areas that the patient wishes to be treated more deeply. Treatment for blistering simply involves placing an antibiotic ointment (such as Bacitracin or Neosporin) over the areas until the blisters are healed. This may take several days.

Post Peel requirements:

- ~ Cleanse face daily using a gentle cleanser.*
- ~ Use a sun block – SPF 25 or over.*
- ~ Moisturizer may be applied a few times a day to relieve any tightness.*
- ~ Avoid sun tanning and windburn for 1 – 2 weeks after treatment.
- ~ Avoiding extreme sunlight is essential in the month after treatment.
- ~ While rare, if you should begin peeling, avoid picking or peeling away skin as it flakes. A pair of small scissors may be used to gently snip off the large pieces of peeling skin.

The cost for chemical peels ranges from \$60 on up depending on the treatment that is right for you. These are not covered by insurance.

* Ask your aesthetician for the recommended cleanser, toner, sun block & moisturizer for your best recovery.