



Dr. Benjamin Van Raalte

Phone 563-322-8877

Email: iowaplastic@yahoo.com

Fax 563-322-8375

www.iowaplasticsurgery.com

Thank you for inquiring about information on Glycolic (fruit acid) Peels. These peels are a milder chemical peel that is more commonly known as the “lunch time” peel. We will do the traditional deep peel or laser treatment for those conditions that warrant it.

Glycolic peels use a chemical solution to improve and smooth the texture of the facial skin by removing it's damaged outer layers. It is helpful for those individuals with facial blemishes, wrinkles, and uneven skin pigmentation.

Most patients experience redness for 1 – 2 days and some patients may experience visible peeling of the skin and occasionally small blisters.

The products purchased over the counter typically have 1 – 2% Glycolic Acid. The concentration used in our peels is much stronger starting at 20% and progress to 70%. For patients who have a deeper condition, the traditional peel or a laser treatment may be recommended.

We typically start out with a milder peel, however, to get the improvement that you desire it may require several sessions to progress to a higher concentration of peel. Other products are available with Glycolic Acid for use including maintenance moisturizers and cleansers, Retin A or Renova. You may also use a lightening agent such as Hydroquinone or Mela-D.

Glycolic peels usually heal in 24 – 48 hours. The peels are done in our medical spa and do not require anesthesia. You are able to drive yourself home. Avoid sun tanning and windburn for 1 – 2 weeks after treatment.

The risks of this treatment are as follows: Discoloration and scarring are very rare. Blistering will usually occur only in the areas that you wish to be treated more deeply.

If blistering occurs after a chemical peel, it usually only involves placing an antibiotic ointment such as Bacitracin or Neosporin over the areas until they are healed. This usually takes several days. Avoiding extreme sunlight is essential in the month after treatment.

The price range for chemical peels is \$60 - \$100 per treatment. These are not covered by insurance.

Thank you for choosing the Ponds Medical Spa at Iowa Plastic Surgery.