



1324 Princess St  
Kingston, ON K7M 3E2  
Website: [www.ucosmetic.com](http://www.ucosmetic.com)  
Email: [nuyu@ucosmetic.com](mailto:nuyu@ucosmetic.com)  
Phone: 613-536-LASR (5277)  
Fax: 613-536-5108

Dr. Kim Meathrel, MD, FRCSC, Plastic Surgeon, Associate Professor of Surgery, Queen's University  
Dr. Caroline Sangers, MD, CCFP, Cosmetic Medicine, Family Practice, Emergency Medicine

## *Chemical Peel*

### **INFORMATION & AFTER CARE INSTRUCTIONS**

**U Cosmetic uses chemical peels to treat uneven skin tone, dull complexion, acne, fine lines and wrinkles and sun damage spots.**

The skin is the largest organ of the body. It is in constant flux, producing new skin cells underneath dying outer cells. Outer cell shedding slows down with aging. The skin becomes dull, dry, blotchy with sun damage and wrinkled. Pores become clogged and can trigger acne. Chemo-exfoliation has been used since ancient times. In Egypt, royalty took sour milk baths that contained lactic acid to rejuvenate skin. In the Middle Ages, the well to do would bath with old wine that contained tartaric acid to refresh their skin.

Chemical peels improve tone and texture, brighten and clear complexion leaving a healthier, radiant, youthful appearance. Acne breakouts will be significantly improved in those who are prone. Chemical peels are acidic solutions that lower the acidity or pH of the skin and cause the outer layers to peel. A chemical peel solution is chosen depending on the desired depth of the peel and is customized for your skin. The process of exfoliation will be less with mild peels or cause complete peeling of the upper layer(s) of the skin with medium or deep peels. Normal wound healing processes begin from the lower layers of skin. If this is your first peel, a mild solution will be chosen. For optimal results, a series of **6 to 12 peels or more** is recommended every **2 to 8 weeks**. Some clients may achieve their goals outside of this range. Others may incorporate peels into their regular ongoing skin care regimen every **1 to 3 months**.

Our focus is on improvement and not perfection. Every person is unique and although good results are expected, it is impossible to guarantee. Chemical peels should be done at a time when you are not in situations where you may be as self-conscious about your appearance because the exfoliation process can last for 2 to 3 weeks.

The majority of individuals have uncomplicated treatments. Expected side effects include **burning sensation** that is tolerable, **redness, swelling, peeling, itching** and **dryness** that can last for **1 to 2 weeks or more**. This can be decreased with good skin care. Skin colour may change, usually in the form of unifying skin tone and lightening dark spots. Other risks include **infection, allergic reaction**, long-lasting **skin and sun sensitivity**. **Cold sores** breakout can be triggered. Make sure to tell the physicians at your consult that you have a history of cold sores. Rarely, **hypopigmentation (lightening)** or **hyperpigmentation (darkening)**, **blistering** or **scarring** may occur. Many of these side effects are worsened by intentional or accidental sun exposure. If you have a darker complexion you may be at an increased risk of side effects.

It is very important to wear a good quality SPF every day, and consider wearing a hat on a regular basis.

**Other options for treatment** of sun-damaged skin include IPL photorejuvenation, photodynamic therapy, fractional laser resurfacing and regular use of skin care products including SPF protection. Options for treatment of pre-cancerous lesions called actinic keratoses include topical treatments such as 5-fluorouracil, 5% imiquimod and diclofenac gel. Surgical options include cryosurgery with liquid nitrogen that often leaves white spots, shaving, curettage or excision with local anesthetic and may cause scarring. Dermabrasion, ablative resurfacing and skin-tightening surgery are also options. **Botox®** and hyaluronan gel fillers can manage fine lines and wrinkles. There may be other options including not doing the procedure.

Chemical peels are **not recommended** if you are pregnant or breastfeeding, have very sensitive skin or porphyria (a metabolic disorder that can lead to light sensitivity). Certain medications such as thiazides (for high blood pressure), antibiotics (such as tetracyclines, fluoroquinolones, griseofulvin or sulfonamides), sulfonyleureas (used to treat diabetes), phenothiazines (used to treat certain emotional problems or induce sleep), Accutane, Gold therapy, St John's Wort and Ginko Biloba may increase your skin sensitivity to light and some may have to be stopped prior to treatment.

Chemical peels do not protect against developing skin cancer or skin disorders and only treat existing skin lesions and conditions. Use of sun protection and prescribed skin care will prolong your treatment results. U Cosmetic offers medical-grade skincare lines that can accomplish these goals or prepare your skin for treatment.

***Prior to the treatment you should:***

- avoid excessive sun exposure/tanning bed/products for **3 to 6 weeks** before treatment.
- inform the clinician at consultation if you have an important upcoming function.
- start prophylactic anti-viral therapy if you have a history of cold sores prior to treatment.
- be off Accutane and Gold therapy for at least 6 months prior to treatment and St John's Wort and Ginko Biloba for **4 weeks** prior to treatment to avoid photosensitivity.
- wash your face thoroughly before arriving and do not wear any make up.

***During the treatment you will / you should:***

- have layers of peel solutions brushed onto your treatment area after a thorough cleansing to increasingly lower the acidity of your skin.
- feel increasing **warmth, tingling, stinging, prickling** or **burning** sensations as the layers of the solutions are applied. The solutions can be neutralized at any time. A cooling system will be provided to decrease any discomfort.

***After the treatment you will / you should/you may:***

- notice **redness** on the treated area that may persist for the next **2 to 3 days**.
- immediately return to your daily activities with full sun protection.
- notice your skin will **dry and tighten**, may **peel 3 to 5 days** later and last **7 to 14 days**.
- consider an effective medical-grade skincare plan with SPF
- **contact the clinic** if you have questions or concerns about your treatment

*love being U*