



Chemical Peels



Changi
General Hospital

SingHealth

What is chemical peeling?

- It is a method of removing the upper layer of skin.
- A peeling agent is applied to the skin.
- This results in controlled destruction of the superficial skin with subsequent regeneration of a new layer of skin.

What are chemical peels used for?

- Improve fine and coarse skin lines caused by chronic sun damage.
- Lighten pigmentation.
- Treatment of acne: blackheads and whiteheads.
- Soften superficial acne scars.
- Improve skin smoothness and glow.

Types of chemical peels?

- Glycolic acid peel (AHA peel).
- Trichloroacetic acid peel (TCA peel).

What is a glycolic acid peel?

- Glycolic acid is a form of alpha hydroxy acid, also known as 'fruit acids'.
- It destroys the 'glue' that holds dead cells on the surface of the skin and this allows the dead cells to slough off, leaving behind a smoother skin.

What is a trichloroacetic acid peel?

- Trichloroacetic acid peel is used for skin problems that do not improve after the glycolic acid peel. It is stronger than the glycolic acid peel.

What can I expect during a chemical peel?

- You may feel a mild tingling or stinging sensation.

What can I expect after a chemical peel?

- Some redness which lasts for a few hours.
- Occasionally, very mild flaking of the skin may occur.
- Thereafter, the skin returns to normal.

What must I do after a peel?

- Wash your face with a mild cleanser.
- Use a mild moisturiser until the redness subsides.
- Avoid exposure to sun. Use a sunscreen lotion daily after the peel is completed.
- Do not apply any glycolic acid products or tretinoin until your skin has healed, otherwise skin irritation may occur.
- Do not peel or scratch your skin.

How many treatments do I need?

- For best results, peels have to be repeated.
- Most patients require a total of four peels at monthly intervals.

What are the possible complications of chemical peels?

- Persistent redness (days to weeks) and increased skin sensitivity (few weeks).
- Flare up of cold sores.
- Crusting or scars.
- While complications are rare, please contact the Dermatology Clinic for early review by your dermatologist if needed.

To make an appointment at the **Dermatology Clinic**, please call the CGH Appointment Centre at **(65) 6850 3333**.



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CGH Appointment Centre

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please call: (65) 6850 3333

Operating hours:
8.30am to 5.30pm (Mondays to Fridays)
8.30am to 12.30pm (Saturdays)
Closed on Sundays and Public Holidays

For more information, please visit www.cgh.com.sg



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