## **Chemical Peels**



#### 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).
- Trichloracetic 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 trichloracetic acid peel?

• Trichloracetic 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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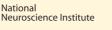


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#### **CGH Appointment Centre**

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