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## Chemical Peels for Acne

### **What is acne?**

Acne happens when the pores in our skin clog from a build up of oil, skin cells, or irritants. It is the most common skin disorder seen in the United States today. Although most prevalent during adolescence and young adulthood, 40% of children ages 8-10 also begin to experience acne.

### **Why treat acne?**

Though acne is a common part of adolescence, it is important to take special care in treating acne. Untreated moderate to severe acne can cause dark spots and scarring as well as significant social and psychological stress. If proper skin cleansing and topical therapies are not sufficient, another good option for acne treatment is a chemical peel.



### **What is a Chemical Peel?**

During a chemical peel, concentrated salicylic acid will be applied to the affected area. This will cause dead skin and oils to slough off and eventually peel. A chemical peel will stimulate new skin growth, which will improve the appearance and texture of the skin. During your peel, your clinician will apply the acid in small strokes to the area affected by acne. You may feel a slight stinging sensation followed by a gentle cooling feeling. Peels usually last about 30 minutes. Your skin will feel tight and fresh following the chemical peel. You may notice some redness too. Redness is usually most pronounced on skin that is most affected by acne. This redness will reduce in about an hour.

### **Caring for your skin after a peel**

It is important to remember to take good care of your skin after you have had a chemical peel. Your skin should remain make-up free for at least an hour after the peel. Also remember to apply a non-comedogenic sunscreen daily to prevent sun damage. Use a gentle cleanser such as Cetaphil to cleanse your skin the first three days after your chemical peel. With a superficial chemical peel such as the peels administered in our office, you will notice that your skin will begin to peel. This will occur during the epidermal regeneration process, which lasts about 3-5 days. The peels are usually performed every two weeks for 3-6 peels.

Please contact our office to schedule an appointment for a chemical peel, or for a consultation with one of our clinicians.