

# WHAT TO EXPECT: CHEMICAL PEEL

At OneSkin, we have a variety of chemical peels to choose from to help achieve the results you're looking for!

**KEY BENEFITS:** Peels are used for a variety of concerns, including acne, hyperpigmentation, fine lines, and sun damage.

## BEFORE YOUR TREATMENT:

- Avoid over-exfoliating in the days prior to treatment.
- Stay hydrated - drink plenty of water!
- If you were given any prescriptions or creams to use to prepare the skin - use as directed.

## DURING THE PROCEDURE:

- We'll take before photos and then your skin will be cleansed.
- The skin will be wiped with a degreasing solution.
- The peel solution is applied to the skin (this step may differ slightly based on the goals and type of peel). It is normal to feel a tingling or stinging sensation. We will give you a fan to help with this.
- The peel is neutralized if appropriate.
- We will apply after care creams if indicated.

## POST TREATMENT:

### Superficial Chemical Peel:

- Your skin may be sensitive for the next 24-48 hours
- It is normal to experience extra dryness and additional moisturizers may be needed
- It is normal to have some flaking of the skin, but it is unlikely you'll have significant peeling.

### Medium Chemical Peel:

- The skin may be red like a sunburn and sensitive for a few days. After the redness fades, the skin may peel or crust. The peeling is like after a sunburn. Please do not peel/pull the skin. These type of peels require additional moisturizer applied for 7 days. Limited makeup is recommended for about 1 week.

### Deep Chemical Peel:

- Expect at least 10 days of downtime following a deep chemical peel.
- It is expected to have redness, swelling, discomfort, crusting, and flaking for 1-2 weeks. These symptoms may last longer. Please do not peel/pull the skin.
- Please follow any specific aftercare instructions given.



ONESKIN  
INTEGRATIVE DERMATOLOGY