

Am I A Candidate For A Chemical Peel?

Chemical Peels can be a girl's best friend. The benefits are too good to be true. But is this the right treatment for you? Read the following list of questions and answers below as they may help you define whether or not you are a suitable candidate for a Chemical Peel Exfoliation.

- 1. *I have sensitive skin, can I have a Chemical Peel Treatment?*** Many people may or may not have sensitive skin. Or they are just not using the correct skin care products for their skin type and or skin condition(s). Therefore, they are under the belief that they have sensitive skin. Then there are those that truly have sensitive skin, such as eczema. However, it does not mean they are not a candidate for a Chemical Peel. There are different types of Chemical Peels and they come in different percentages. In the cases where I have worked with those with sensitive skin, a Chemical Peel has been performed and great results have been achieved. It is all about the product that is being used, home care, and the actual type of Chemical Peel used. The best option would be to have a skin analysis done with a Medical Aesthetician so that she or he may consult you on what exactly your skin requires. When deciding to have Microdermabrasion all clients will have a thorough Consult and consent along with a Skin Analysis.
- 2. *Can I have a Chemical Peel Treatment with Rosacea?*** Absolutely. Rosacea is a condition where the blood vessels in the skin usually on the forehead, cheeks, nose and chin are dilated and broken. The skin appears red and irritated. When performing Chemical Peel, we are exfoliating the dead layers of skin off of the epidermal layer. The peel does not cause any further damage to the Rosacea, but it also does not cure it either. Only IPL Vascular Lesion Treatments would help treat the damage of Rosacea.
- 3. *I am taking acne medication and I heard Chemical Peels help to eliminate acne as well. Can I do both?*** Unfortunately the majority of acne medication is a contraindication to Chemical Peels due to the fact that it can thin the skin. Absolutely NO CHEMICAL PEEL Treatments are to done on any client who is taking ACCUTANE/ ISOTRETINOIN. If a client has been off Accutane/ Isotretinoin for 1 full year, then they can proceed with Chemical Peel Treatments.
- 4. *Can I tan my face when getting Chemical Peel Treatments?*** This is an interesting question. Mainly because a Chemical Peel is a treatment that helps exfoliate dead skin that has accumulated over time from external factors such as the sun. It is performed to help reduce fine lines, improve the texture of the skin, help smooth the skins surface, and above all else- remove sun damage and encourage cellular turnover – all of which the sun damages over time. But to answer the question in theory: no. A Chemical Peel is a form of exfoliation of the first layer of skin. Your skin becomes sensitive to the suns UVA and UVB rays more than average when receiving treatments. Typically, we walk around with about 30 layers of dead skin on our faces. After a treatment, we could remove anywhere between 10 to 20 layers, so for the first 48 to 72 hours you must protect your skin by wearing SPF 20 and re-apply every 15 minutes.
- 5. *Are there any medical conditions that prevent me from having Microdermabrasion?*** The following are contraindications to having Microdermabrasion treatments; Pregnant or Lactating, Cold Sores – may cause an outbreak.
- 6. *What if I decide to have other treatments? Will Microdermabrasion interfere?*** It all comes down to timing. Much of what we do as Medical Aestheticians involves wound healing. As superficial as they are, these wounds need time to heal, encourage new cell growth and replenish an abundance of collagen. As for Microdermabrasion, the timing in between is for the Wound Healing Phase, which is 2 weeks. This is where the new cell growth takes place, migrating the new skin cells forward preparing the dead skin cells for exfoliation. Here is a list of treatments and the waiting period before one can have Microdermabrasion:
 - Facial Surgery – 8 Weeks
 - Collagen/ Fillers – 3 Weeks
 - Laser Treatments – 3 Weeks
 - Waxing/ Depilatory Creams – 2 Weeks Before/ After
 - Electrolysis – 1 Week
 - Hair Chemical – Wait 7 Days Post
 - Retinols/ Retinoids – Discontinued Use For & Days Prior