

Are Chemical Peels Safe For Skin- Inputs From Skin Expert

Skin, the biggest organ covering the entire body, and can be seen directly through the naked eye. Its main job is protecting internal organs from external factors such as dirt, pollution, rain, etc. It does the work. Nevertheless, it develops flaws like pigmentation, scars, acne, etc, sometimes, after the slightest trauma. A number of treatments can provide a solution to the issue. However, many times, you need a chemical peel.

Dr. Ishaa Juneja of Dr. Ishaa Junejaa Aesthetics, who provides the best *chemical peel treatment in Chandigarh*, explains that Chemical peels are cosmetic procedures that involve applying a chemical solution to the skin, causing the top layers to exfoliate and eventually peel off. This process helps improve skin texture, reduce fine lines, treat acne scars, and address skin discolouration, resulting in a smoother and more even complexion.

This article will give insights into the treatment and whether it is safe to use. Keep reading to know more.

Are Chemical Peels Safe?

Absolutely! Chemical peels are 100% safe, provided that a qualified skin specialist undertakes them like Dr. Ishaa Junejaa, a leading *skin specialist in Chandigarh*. In fact, a qualified professional is required to get the correct diagnosis of the root cause of the issue and find the most suitable peel type for your skin. A chemical peel is a non-invasive skin exfoliation method that uses acidic solutions to resurface the skin. It removes old, damaged superficial skin from the neck, face, chest, or hands. Its goal is to expose smooth, silky, and young underlying skin while encouraging natural skin healing and regeneration.

To ensure the best results, don't just go to any doctor; choose the best skin doctor.

Levels of Chemical Peels

Based on the strength of the chemical solution used and the depth to which it penetrates the skin, chemical peels are divided into different stages. Chemical peels can be classified as superficial, medium, or deep:

- **Superficial Peels:** Superficial peels, or "lunchtime peels," are the gentlest choice. They use gentle acids like alpha-hydroxy acids (AHAs) or beta-hydroxy acids (BHAs) to target the epidermis, the top layer of skin. The skin's texture and appearance are improved, and superficial peels gently exfoliate the skin. They work well for treating relatively minor skin issues like fine wrinkles, slight sun damage, and uneven pigmentation. There is typically no visible peeling and a short recuperation period.
- **Medium Peels:** Medium peels target the upper dermis by penetrating the deeper layers of the skin. They use more vital acids like trichloroacetic acid (TCA) or a mixture of TCA and AHAs. Medium peels efficiently remove age spots, acne scars, and mild wrinkles. Applying the method could result in a mild burning sensation, and the recuperation time usually lasts a few days and a week. Peeling and redness are frequent side effects which subside with time. Thus, appropriate post-treatment care is required.

- **Deep Peels:** The harshest and most invasive chemical peels are deep peels. They penetrate the dermis' middle to lower layers, extensively promoting skin regeneration. For deep peels, phenol, a strong acid, is frequently used. This surgery removes deep scars, precancerous growths, and severe wrinkles. More extended healing periods—often several weeks—are associated with deep peels. It's normal to experience skin soreness, swelling, and redness. While the treated area is initially healing, bandaging may be necessary. Deep peels are typically carried out under sedation or general anaesthesia due to the aggressiveness of the process, and thorough post-treatment monitoring is necessary.

How do Chemical Peels Work?

- Chemical peels are a type of skin peeling treatment that uses acids to lower the skin's pH from its usual level of 5.5 to an acidic 3.8.
- The skin cells holding healthy and dead skin together are chemically loosened due to the pH change.
- In addition, applying acids to the skin's surface harms the aging, damaged skin tissues in a controlled way.
- The body reacts to these little injuries by promoting the skin's natural healing processes, including new collagen production.
- The consequence is that all the damaged skin peels off, leaving behind youthful skin.
- Only the top layer of the skin is affected by superficial peel.
- A medium peel removes the upper dermis and epidermis of the skin.
- Deep peels allow for chemical exfoliation of the middle dermal layers of the skin.

Pre-treatment Precautions

- Avoid overexposing the skin treated to the sun, especially ten days before the scheduled chemical peel. A broad-spectrum sunscreen with an SPF of 30 or higher should always be applied before going outside during the day.
- Avoid waxing, depilatory lotions, laser hair removal, and electrolysis a week before the peel.
- For at least two weeks before the treatment, stop using tanning beds.
- Seven to ten days before the procedure, avoid using any retinol-based products.
- For at least 24 hours, refrain from swimming and going to the gym.
- If you are currently on one, stop taking acne treatments five days before the event.
- Aspirin and other non-steroidal anti-inflammatory drugs should be avoided for at least 7 to 10 days before therapy.

How is Chemical Peel Treatment Performed?

- With the aid of a medical degreaser, the practitioner first prepares the skin for treatment.
- The skin is made grease- and dirt-free.
- It is then covered in a chemical solution and kept on for a short time until it turns white.
- A cotton brush, ball, sponge, and gauze apply a light peel.
- Use sterile gauze or a cotton-tipped applicator to apply a medium or deep peel.
- Most patients have a slight stinging sensation at this point, but it passes quickly.
- A neutralizing solution is applied for light peels, or the acid is removed with water after the procedure.

Post-treatment is Care

- Wash the treated skin with a mild cleanser. Avoid scouring, plucking, peeling, or rubbing the naturally shedding skin.
- To treat skin dryness and reduce peeling, use a hydrating moisturizer twice daily or as directed.
- Wear sunscreen daily. It is advised to avoid extensive sun exposure for a week following the treatment.
- For a while, avoid any solid physical activity that creates excessive perspiration. You can resume normal activities the next day after treatment.
- After applying the peel, avoid utilizing topical medicines for 3-5 days.

Bottomline

Chemical peels can do wonders for your skin; you must find the right skin expert. If you need chemical peel treatment, visit Dr. Ishaa Junejaa at Dr. Ishaa Junejaa Aesthetics, the *best skin clinic in Chandigarh*.