

## **Chemical Peel**

***Chemical treatment to gently remove the surface of the skin so that it looks brighter, smoother, and more youthful.***

### **What are Chemical Peels?**

Specialist peels use chemicals to remove the surface of the skin so that it looks brighter and more youthful. Later, as new skin grows, it appears smoother, softer, and rejuvenated.

Chemical peels can be superficial, medium, or deep, according to the layers they remove. The depth of the peel will have a significant impact on the downtime, your recovery, and the final results. The specialists at Bella Vou will consider your skin, your preferences, and your needs before recommending a peel to refresh and revitalise your complexion.

### **Why have a Chemical Peel?**

Have you ever wished you could just peel your face off and start again? Age, stress, and fatigue can leave our complexions looking dull, old, and lacklustre. Acne scars, freckles, enlarged pores, and sunspots can be challenging to treat with over-the-counter creams. A chemical peel can get rid of the surface layers, revealing skin that is smoother, fresher, and blemish-free.

Bella Vou offers bespoke rejuvenation. Chemical peels are one of several ways of resurfacing the skin, removing dead cells, and improving the appearance. Alternatives include laser resurfacing and microdermabrasion; the specialists will examine your skin and discuss the pros and cons of each treatment so that you can decide on the right approach for you.

### **What happens in Chemical Peels?**

Your consultant at Bella Vou will perform the Chemical Peel as an outpatient procedure. They will tailor the treatment to your skin, as well as your needs and expectations.

The therapist will clean and prepare your skin before painting the chemical onto your face, a little like a face-mask. It will be left in place for a short time before being carefully removed.

The specific chemical applied and the length of treatment will depend on the depth of your peel. Some tingling, stinging, and irritation are normal, especially with deeper peels, but it should not be painful, let your therapist know if you are experiencing any problems.

### **How long is recovery from Chemical Peels?**

Your recovery will depend on the depth of the peel. Following superficial peels, there is minimal downtime, but some mild redness, skin flaking, and irritation are normal for several days after treatment.

Medium chemical peels can make the skin red, swollen, and sore. Crusts and brown blotches can appear, before peeling to reveal new skin. The initial recovery is around a week, but the redness can take several weeks to resolve.

Deep chemical peels require much more downtime after treatment. There is significant redness, swelling, and pain. The eyelids can be severely swollen, and white spots, cysts, and crusts can appear. It takes two weeks for the new skin to be revealed, and redness can last for several months.

The team will recommend products to soothe your skin, effective sunblock, and provide advice on follow-up care.

### **Quick glance guide to Chemical Peels**

**Procedure Time:** 30 minutes

**Recovery:** Downtime depends on the depth of the peel

**Anaesthetic:** No

**Hospital stay:** No

**Treats:** Acne scars, ageing, dull skin, sun damage

### **Why choose Bella Vou for Chemical Peels?**

Bella Vou offers clients a uniquely individual approach to cosmetic surgery and aesthetic treatments. The state-of-the-art clinic provides the very latest procedures in a chic, comfortable, and welcoming environment in the heart of the beautiful historic town of Royal Tunbridge Wells.

Bella Vou is dedicated to providing satisfaction, the highest standards of care, and a personal touch, throughout your treatment journey. The skilled team is passionate about helping people achieve the results they want and making their experience enjoyable and stress-free.

Bella Vou offers competitively priced packages of care, with no hidden extras. The clinic is approved and inspected regularly to ensure the highest standards of patient care, cleanliness, and infection control.

The staff at Bella Vou are professional, highly qualified, and led by cosmetic surgeons recognised by the most reputable aesthetics and cosmetic surgery associations, including the UK Association of Aesthetic Plastic Surgeons (UKAAPS).

***Bella Vou combines cutting-edge treatment and clinical excellence with the luxury, comfort, and discretion of a spa and the hospitality of a five-star hotel.***

### **Your Chemical Peel journey at Bella Vou**

## **Free, no-obligation consultation**

Bella Vou offers every client a free consultation with an expert. The consultation is an opportunity to discuss any concerns you have with your skin, the results you want to achieve, and whether a Chemical Peel can help you reach those goals. Resurfacing treatments can improve the appearance and texture of the skin. The specialist will discuss treatment alternatives, including Laser Resurfacing and Microdermabrasion, so that you can choose the right treatment for you.

Bella Vou will always give you an honest and impartial professional opinion. Mr Amir Nakhdjevani says:

*'At Bella Vou, we never pressurise people or try to sell procedures. It's always about giving an honest opinion and honest advice.'*

## **Preparation for Chemical Peels**

No specific preparation is needed for your therapy. However, you may be asked to stop taking some medicines such as aspirin and ibuprofen to prevent bruising and bleeding. It is also necessary to stop using topical retinoid preparations.

If you have any concerns, the staff at Bella Vou will always be on hand to answer your questions and offer support.

## **What happens during Chemical Peels?**

Your specialist at Bella Vou will perform your Chemical Peel as an outpatient procedure. There is no need for any anaesthetic with lighter peels, but sedation may be needed for a deep peel.

The therapist will clean and prepare your skin before painting the chemical onto your face, a little like a face-mask. They will be left in place for a short time before carefully removing the product and neutralising or cleansing the skin.

## **Superficial Peel**

The therapist applies a mild acid, such as alpha-hydroxy acid. The chemical reaches the outer layers of skin, performing a gentle peel that can refresh the appearance and help with minor skin irregularities and discolouration.

## **Medium Peel**

The therapist uses glycolic or trichloroacetic acid to treat the outer and middle layers of skin. This level of peel removes damaged skin cells and can improve fine lines and wrinkles, areas of discolouration like freckles and age spots, acne scarring, and moderate levels of sun damage.

## **Deep peel**

In a deep peel, either trichloroacetic acid or phenol deeply penetrates the middle layer of the skin. A deeper peel can provide more dramatic results with more significant improvements to moderate lines and wrinkles, age spots, and sun damage, as well as freckles and shallow scarring.

## **Recovery from Chemical Peels**

After the procedure, most people can go home and get on with normal activities. However, the staff at Bella Vou are always on hand to offer you a drink or a snack and answer any questions.

### **Superficial Peel**

The recovery time is rapid, you can even have one in your lunch hour, although there may be redness and skin shedding for up to a week. Your skin may also be more sensitive, so careful sun-protection is essential.

### **Medium Peel**

After a medium peel, your skin will initially be red, swollen, and sore, and you may get blisters and crusting. Think Samantha in Sex and the City. Your therapist may give you antivirals and ointment and advise you on soaking the skin daily. The skin crusts and peels off in one to two weeks; you will need a follow-up appointment to monitor your recovery.

### **Deep Peel**

A deeper peel comes with much more extensive redness, swelling, and discomfort. You may find it difficult to open your eyes when swelling reaches a peak, after forty-eight hours. It also means longer recovery time. Deep peels need two to three weeks for the crusting and peeling to settle. You may be given antiviral medication, the skin may be bandaged and may need to be soaked regularly, followed by ointment application. Follow-up appointments will be required to monitor your progress, but this level of peel can only be done once.

After all peels, it's essential to follow the aftercare advice. The skin is very sensitive and will need to be carefully protected from the sun. Your consultant and the team at Bella Vou will offer advice, guidance, and support throughout your recovery.

## **FAQs**

### **Can peels cause problems?**

There can be problems after peels, and the deeper the treatment, the more likely these are. You may notice a change in skin pigmentation, this can happen to women on the pill or become pregnant, and it can sometimes be permanent. Rarely there can be scarring, and people who suffer from cold sores may find that it triggers an attack.

### **Can Chemical Peels be used on the body?**

Chemical Peels can be used to treat skin problems on the body as well as the face. The hands and chest are the most common areas treated. Scarring, pigmentation,

and stretch marks can all be addressed. The cost of treatment depends on the size of the surface to be treated.

Speak to a specialist at Bella Vou to find out the best treatment to get the results you want.