

## Seven Important Questions about Peeling

During the course of our consultations, we have noticed that many patients ask the same questions regarding peeling. For your convenience, we have listed the seven most frequently asked and important below. We hope you find the information useful.

### 1. What do you mean by the mechanical pressure that one should avoid after the treatment?

Any form of rubbing or mechanical wiping of the face (for instance with a rough face-cloth etc.) should be avoided in the early period after the peeling.

### 2. Can the face be washed in the first days after the treatment, even just with water?

Normally the face can be washed relatively soon with water; this is, however, dependent on the type and depth of the peeling.

### 3. Is it advisable to further cool the face after the treatment?

Yes, it is very important that the face should be cooled, for example by using cold pads. Under no circumstances should ice be used for cooling.

### 4. What are the differences between peeling and dermabrasion?

With middle-depth to deep peeling, about the same results can be attained as with a dermabrasion. The difference lies in the method: the peeling procedure smoothes the skin by using chemicals, whilst with dermabrasion the smoothing is achieved by mechanical abrasion of the skin.

### 5. Can the application of the chemicals to the skin cause an allergic reaction?

Theoretically an allergic reaction is possible; however this possibility is usually detected during the pre-treatment and is also addressed during the consultation session.

## Middle deep peels - at a glance

### Duration of treatment:

- Approx. 1 hour

### After the peeling:

- After a few days some crusts will appear. Those must not be removed manually.
- An antiinflammatory ointment is applied daily and a second visit in the clinic is necessary in 2-3 days.

### Anaesthesia:

- none
- Pain pills or sedatives may help to tolerate intense burning during the peeling agent application

### In-patient stay:

- if needed, optional

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### 6. How much time should be left between two sequential peelings?

The necessary time interval between two treatments depends on the type and depth of the peeling, as well as the reaction of the skin to the peeling, and therefore can not be stated exactly.

### 7. What is the earliest age one can or should undergo a peeling procedure?

There is no age limit for a peeling procedure for adults. During the consultation session, it is clarified as to whether a peeling would be a suitable treatment.