

Salicylic (BHA) Peel Patient Handout

What is a Salicylic (BHA) Peel?

A Salicylic peel is an in-office procedure utilizing salicylic acid with the purpose of Increasing cellular turnover and refining the epidermis.

What does the BHA Peel accomplish?

It may lessen the appearance of epidermal lines.

It may lighten the appearance of epidermal pigmentation.

It may reduce the frequency and severity of acne.

However, it may increase acne during the beginning stages.

It may eliminate dry skin.

It may refine pore size and oil production. It may reduce keratoses.

It may make skin appear and feel smoother. It may soften skin.

What is the time frame for this program?

How many treatments will you need?

Acne patients should return every 14 days for six treatments.

Other patient should return every 3-4 weeks.

To achieve desired, realistic results, 4-6 treatments are needed.

Once desired results are achieved, maintenance treatments

Should be once every 1-2 months.

In order for you to see a significant difference,

1-3 treatments are necessary.

To obtain optimal results, you must be on the optimal home and clinical program for your skin type.

Salicylic (BHA) Peel Care Instructions

Before the Procedure:

Arrive without contact lenses.

Inform office of any medical or skin conditions, especially cold sores, use of Acutance, recent peels or other facial procedures.

1 Week Prior to Treatment discontinue use of:
Depilatories, Electrolysis, Hair Treatments (coloring, waving, straightening),
Loofah or other exfoliating sponges, Masks, and topical retinoid/retinols
Men: Do not shave prior to the procedure

During the Procedure:

Application of Salicylic acid will take approximately 30 seconds to two minutes to apply.

Stinging or a burning sensation is normal and will diminish within 3-5 minutes.

You should relax and inform the medical aesthetician of any concerns or excessive pain.

After the Procedure:

DO NOT PICK

You can return to work or social activities almost immediately.

Activity is normal as tolerated without restrictions.

You may apply makeup immediately after the procedure.

You should only use a mild cleanser and moisturizer for 5-7 days

Apply Tolerian Facial Cream at least twice a day, or as often as needed, for the next seven to ten days.

Even acne patients need to use a small amount of Toleriane Facial Cream or Toleriane facial fluide.

Patients with dry skin may prefer to use Extra Rich Moisturizer. Wash gently; take extreme care while washing your face.

Use the Toleriane Foaming Cleanser.

Try to stay out of the sun, however, if sun avoidance is impossible; be sure to wear Daily Sun Protection.

Renewal Process:

For approximately one week, you will experience the Micro peel renewal process. Your skin will lose its dead outer layer. Depending on your skin, peeling may or may not be noticed. However, when peeling is visible, it will occur two to four days after the procedure and will last for three to five days.

You may experience the following during the renewal process:
Stinging, Burning, Visible flaking/peeling, itching, and tightness.

Common Reactions:

These reactions are considered normal during the first two to four days after the procedure and should resolve in seven to ten days.

You may or may not peel, You may or may not crust,
You may or may not swell, You may or may not seep