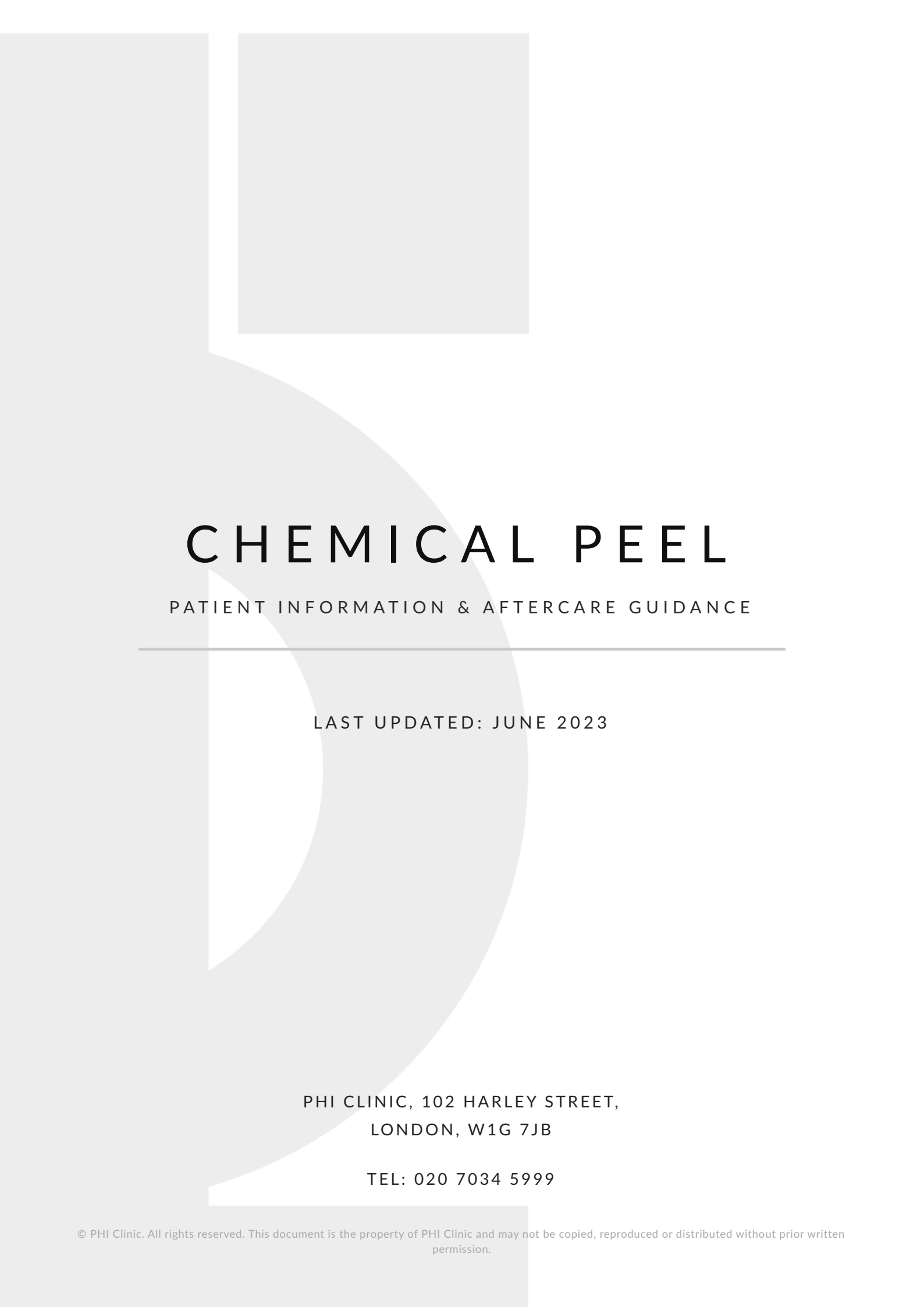




CHEMICAL PEEL

PATIENT INFORMATION & AFTERCARE GUIDANCE

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CHEMICAL PEEL INFORMATION

WHAT IS A CHEMICAL PEEL?

A chemical peel is a combination of different acids used to exfoliate dead skin cells to treat pigmentation, acne and aging skin. Chemical peels can be superficial, medium or deep. Here at Phi clinic we carry out medium depth peels to rejuvenate texture or pigmentation changes in the skin. Chemical peels can help to soften fine lines and wrinkles, reduce pigmentation and restore a more even skin tone and improve skin texture.

WHAT CHEMICAL PEELS DO PHI CLINIC PROVIDE?

Here at Phi Clinic we offer the ViPeel by ViDerm. The ViPeel is a medium depth peel and is used to treat moderate signs of aging, moderate pigmentation and scarring.

HOW MANY TREATMENTS WILL I NEED?

Depending on your individual concerns, the number of treatments needed can vary. We recommend a course of three treatments spaced at one month intervals. This may be increased or reduced depending on the severity of the concern.

WHO WILL CARRY OUT MY TREATMENT?

The ViPeel is carried out by one of our expert aestheticians or nurses who are highly trained in the ViDerm brand as well as overall skin health. They will start by analysing your skin and ensuring you are suitable candidate for treatment.

AM I A SUITABLE CANDIDATE?

There is a suitable peel for all skin types, however your suitability for the treatment will be assessed during a consultation where your practitioner will examine for any underlying skin conditions or concerns.

PRE-TREATMENT INFORMATION:

Your skin must be cleansed of all make up prior to treatment. There is a degree of peeling associated with medium depth peels and although everyone is different typically allow for 2-4 days of peeling following treatment. Sun exposure to the area of treatment is a contraindication and so should be avoided 4 weeks prior to treatment. Fake tan is also contraindicated and should not be applied to the intended treatment area for 2 weeks pre-treatment.

POST TREATMENT INFORMATION:

Sun avoidance is essential post treatment as the skin will be more sensitive to sun and at a high risk of burning. A gentle skincare regime will be advised following treatment.

AFTERCARE INFORMATION

- After your peel you may notice that the skin is more red than usual for a couple of hours. You may also notice that the skin feels tight and/or dry and you may experience some very mild flaky skin for a few days.
- Rarely, you may experience crusting of the skin, swelling or a reactivation of cold sores.
- Do not use any other skin products except those advised by your aesthetician or nurse.
- Avoid picking any spots or peeling off any flaky skin.
- Do not use Alpha Hydroxy Acids or BetaHydroxy Acids on your skin for 24 hours.
- It is imperative that you use a sunscreen with an SPF of at least 30 and avoid direct sunlight for at least one month.
- Patients with hypersensitivity to the sun should take extra precautions to guard against exposure immediately following the procedure, as they may be more sensitive following the peel.
- Please avoid strenuous activity for 24 hours.
- When washing your face do not scrub, use a gentle cleanser as recommended.
- Apply a light moisturiser or IsClinical Sheald Recovery Balm as recommended to relieve dryness and tightness.
- Do not have any other facial treatment for at least one week after the peel.

For further information:

Should you need any further advice, or would like to book in for your next session of treatment, please call **0207 034 5999**, alternatively, you can email us at **info@phiclinic.com**