



## Procedure Information Sheet

### Introduction

Chemical peel is a procedure in which a chemical solution is applied to skin to remove a designated depth of the skin. This triggers healing which leads to regeneration of the epidermis, deposition of collagen and elastin and remodeling of the dermis. The removal of dead skin cells helps to unblock the pores, reduce sebum production and helps to prevent acne formation.

### Indications

1. Facial rejuvenation:
  - Skin pigmentation: Solar lentigos, melasma
  - Enlarged pores
  - Wrinkles
2. Acne
3. Scars
4. Keratosis pilaris

### Before the Operation / Procedure

1. Higher complications are associated with the following conditions: Recent use of Isotretinoin, smoking, herpes simplex infection, history of skin radiation.
2. Avoid sun exposure prior to the procedure.
3. Multiple treatments are usually required for improvement and total clearance may not be possible.
4. Clinical results vary and there is no guarantee to the final outcome of the treatment.
5. Recurrence is possible.
6. Photographs will be taken before and after the procedure.

### After the Operation / Procedure

1. There may be redness, swelling, burning sensation and desquamation after the procedure. This might last for 1-7 days.
2. Superficial wounds and blisters may form after the procedure. Apply the antibiotic ointment prescribed until the scabs have come off.
3. Routine skin care products and makeup may be used after the procedure.

### Risks and Complications

1. Redness, wound, scarring, allergic reaction, infection, exacerbation of acne, milia formation and post inflammatory hyperpigmentation.

#### Patient's Label

Patient Name: \_\_\_\_\_  
Hospital No: \_\_\_\_\_  
Adm No/Episode No: \_\_\_\_\_

### Disclaimer

This leaflet only provides general information pertaining to this operation / procedure. While common risks and complications are described, the list is not exhaustive, and the degree of risk could also vary between patients. Please contact your doctor for detailed information and specific enquiry.

### Reference

1. Starkman et al. Chemical peels: Deep, medium, and light. Facial Plast Surg 2019. 35(3): 239-47
2. Rendon et al. Evidence and considerations in the application of chemical peels in skin disorders and aesthetic resurfacing. The J of Clinical and Aesthetic Dermatology 2010. 3(7):32-43

Patient's Signature: \_\_\_\_\_ Date: \_\_\_\_\_