



PROTOCOL

Chemical Peel

Indications:

- Appropriate for all forms of comedonal acne.
- May be helpful for pigmentation changes from acne.
- Aggressive peels may help acne scarring and/or hyperpigmentation.

Protocol:

1. Cleanse the skin with South Beach Derm Salicylic Wash or South Beach Derm Chamomile Gentle Cleansing Wash.
2. Tone with South Beach Derm Dual-Action Toner.
3. Pre-peel with Specialty Compounding Pre-Peel.
4. Neutralize with 10% sodium bicarbonate.
5. Apply 20% salicylic acid. If patient is allergic to aspirin, use 30% lactic acid instead.
6. Leave on skin for two minutes.
7. Neutralize with 10% sodium bicarbonate.
8. Place a moist cloth on the treated area for one minute.
9. Apply South Beach Derm Soothing Gel and South Beach Derm AM Essentials Sunscreen.

Adjustments:

Music and a relaxing environment are helpful, especially for patients with concerns about treatment discomfort.

Pretreatment with pain medications (acetaminophen or ibuprofen) may be helpful, particularly with adolescent patients.

Subsequent treatments are often better tolerated as patients start to see results.

Adverse effects are rare. Patients should be monitored for:

Hypo/hyperpigmentation, pain, Erythema, redness, increased sensitivity

Guidelines for all acid peels:

If patient is currently taking Accutane, it must have been discontinued a minimum of three (3) months before any acid peel treatment.

Retinoic acid products should be discontinued for 48 hours prior to any acid peel.

Do not use any acid peeling solution on pregnant or lactating women.

Patch testing should be done on with all beta hydroxy acids (salicylic acid).

Do not mix acid products from different manufacturers.

Darker skin tones should be slowly acclimated to acid products. Conservative treatment that moves slowly provides the best results. Beta Hydroxy acids above 10% should not be used on Fitzpatrick IV - VI.

Lactic and glycolic acids must always be neutralized. This requires the use of an alkaline solution such as 10% sodium bicarbonate neutralizer. Water does not neutralize acid solutions; it simply dilutes the solution. In order to completely stop the action of the acid, a neutralizing solution must be applied.

Sunscreen must be used continually after acid peeling.

Contraindications:

Do not use this product on any person who is allergic to any ingredient in the formulation:

Lactic acid- do not use if the person has a true allergy to milk or milk products.

Glycolic acid- do not use if the person is allergic to strawberries or sugar.

Salicylic acid- do not use if the person has a severe sensitivity to aspirin.