



Margaret L. Sommerville, M.D., F.A.A.D.

**301-656-SKIN (7546)**

[www.cherychasedermatology.com](http://www.cherychasedermatology.com)

## GLOW PEEL

Glow Peel is a uniquely adjustable, superficial to medium-depth peel that contains a special blend of the most popular and the most researched peeling ingredients such as lactic and salicylic acid, in addition to a peptide wound-healing compound, and resorcinol.

This highly effective peel can be used for sun damage, hyperpigmentation, loss of elasticity, fine lines and wrinkles, and acne scars. It exfoliates the skin, evening out its tone and texture and resulting in a glowing, smoother and more youthful complexion.

The adjustable nature of the peel depends on the number of layers of the peeling solution applied, which is determined by your individual skin needs and tolerance for downtime. Dr. Sommerville will discuss these issues with you prior to the peeling procedure. Glow peel can be repeated in 1 to 3 months for optimal results.

Aerobic exercise or vigorous physical activity should be avoided for the first 48 hours after the peel. Direct sunlight exposure is to be avoided immediately following the treatment (including any strong UV light exposure and tanning beds). If some sun exposure cannot be avoided, apply sunblock with SPF 30 or higher prior to exposure and reapply every two hours while remaining outdoors.

On the day after the peel you will be asked to cleanse your face with Chamomile or Lavender Cleanser and gently moisturize using Soothing Skin Relief Gel and Vita Soothe mixed together at least three times a day. You may also spray as often as you like with Vita C Peptide Spray.

Application of any glycolic acid products, exfoliants, tretinoin (Retin® A, Refissa®, tazarotene, Differin®) or retinol products during the entire post-peel healing process should be avoided since this can damage or irritate the skin. Also, procedures such as waxing or laser hair removal should be avoided for at least 10 days before and after the peel. Slight redness or flaking can be expected for the first few days. By day 3 or 4 after the peel, more intense peeling and/or crusting may develop. After the skin is completely healed, one may resume the regular skincare routine.