



St. Teresa's Hospital
聖德肋撒醫院



Chemical Peeling

- We provide "Octopus hourly parking services"
- Green Line Minicab: 2, 17M, 25M, 46, 70,
- Red Line Minicab: Mongkok to San Po Kong / Wong Tai Sin / Kowloon City
- Public Buses: 1, 1A, 2A, 6D, 7B, 9, 12A, 13D, 16, 24, 27, 42, 95, 98C, 113, 203E, 296C, N216
- MTR
- * Lok Fu: 5 mins by taxi
- * Mongkok: by red line minibus, get off at Lomond Road
- * Sung Wong Toi: Exit B1, about 5-10 minutes walk
- East Rail Line
- * Mongkok East: about 5 minutes by taxi
- * Kowloon Tong: by green line bus no. 25M
- Rehabus (Dial-a Ride): (852) 2817 8154

Reference:
U.S. Food and Drug Administration

Effective date: 1/02/2022
PFE-EPI-5-E011

皮膚激光及整形外科中心
Skin Laser & Plastic Surgery Centre



Chemical Peeling

Skin Laser & Plastic Surgery Centre

1/F Block East, St. Teresa's Hospital

Tel:(852) 2200 3211

Working Hours:

09:00-19:00 (Monday to Saturday)

Introduction

Glycolic acid peel (AHA peel) uses glycolic acids of different strengths (usually 20% to 35%) to remove the superficial layer of skin and thereby hastens the renewal of the skin. This helps improve the color tone and texture of the skin, and acne.

To achieve the best result, glycolic acid peel normally requires multiple treatment sessions. The procedure may be repeated once every four weeks for four to six times, depending on the patient's skin type, skin problem, and reaction to glycolic acid. The strength of acid used can be increased gradually according to the patient's reaction to the glycolic acid and response.

The procedure may cause the skin to appear somewhat pink and flaky, like a mild to moderate sunburn. During and after the procedure, the following may be experienced:

stinging, itching, burning, mild pain, tightness, peeling and scabbing of the superficial layer of the skin.

Before the Treatment

One week prior to the glycolic acid peel, stop the use of the followings:

- Retin-A, Differin or any other retinoids.
- Waxing, depilatories, electrolysis.
- Masques, cosmetic procedures on the face.
- Hair dyeing, perming.

During the Treatment

1. You can discuss your expectations and questions on chemical peeling with your doctor during the consultation. Doctor will explain the therapeutic effects, possible side-effects and complications of chemical peeling to patient and informed consent will be signed.
2. Please remove all makeup and cleanse the face.
3. Standardized clinical photo should be taken before treatment as documentation
4. Doctor/healthcare professionals ask about your allergy history and past health history.
5. During treatment, the doctor applies the corresponding concentration of glycolic acid in the treated area. Doctor monitors the treatment response and applies neutralizing solution at the end of the treatment. Inform the doctor immediately if you have any discomfort or abnormal sensation.

After the treatment

You may experience some stinging, itching, burning, and mild to moderate pain, tightness, and peeling along with scabbing of the superficial layer of the skin after the treatment. If swelling occurs, use cold compress with ice for 15 minutes on and 15 minutes off, intermittently as needed. This sensation often diminish gradually over a week as the skin returns to its normal. However, some patients may react differently. Rarely do patients experience severe sunburn and discomfort. Most of the skin peeling lasts for 3-7 days, sometimes longer. There is a rare incidence of skin scarring.

Care instruction after treatment

- Cleanse your skin with water or gentle cleanser.
- Protect your skin with mild, non-medicated moisturizer.
- Do not use abrasive or exfoliating sponges, skin products containing vitamin A, C or glycolic acid on the treated area. Do not use skin toner or cosmeceutical products and do not have any cosmetic facial procedures during the first week.
- Avoid excessive sun exposure.
- Apply sunscreen with at least SPF50 or above (anti-UVB) and PA ++++ (anti-UVA) in the daytime and outdoor activities.

Risks

- Burning
- Dermatitis or rash
- Swelling
- Pigmentary changes
- Skin peeling, blisters, itching and irritation
- chemical burns
- Increased UV sensitivity

*Please contact us if you have any enquiries.

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