

Chemical Peel

A chemical peel is a solution that improves your skin's tone and texture. This treatment exfoliates the skin to reduce the appearance of dull, rough, discolored, and/or scarred skin on the face, neck, and/or décolletage. With chemical peels, we can also **reduce signs of aging and sun damage**, leaving you with a more youthful-looking “glow.” We offer light, medium, and deep peels that we can personalize for your unique needs. [Dr. David L. Abramson](#) is a board-certified plastic surgeon whose team specializes in facial treatments that **help your skin repair itself from damage**. This topical treatment has helped many patients rejuvenate their skin and reduce signs of aging with **lasting results**.

[Contact our office](#) to learn how we can help you renew your skin at one of our locations:

- Englewood: **(201) 731-3134**
- Franklin Lakes: **(201) 731-3134**
- Manhattan: **(212) 774-1828**

Before & After Photos

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About Chemical Peels

As you age, collagen and elastin—proteins that help your skin maintain its structure—decline, resulting in wrinkles and fine lines that affect your appearance. Skin cell turnover also slows down, which affects your skin's ability to **remove unhealthy layers**. In 2023, specialists performed more than 3.5 million chemical peels to help patients **enhance their skin**, ⁽¹⁾ a significant increase from the 1.3 million peels performed in 2022. ⁽²⁾ Dr. Abramson's medical team is proud to help patients from New York City, Englewood, and Manhattan find the best chemical peel treatments. Dr. Abramson's office offers several different types of peels designed for a variety of skin tones and types to **diminish signs of aging, exfoliate your skin, and address skin damage** for a brighter, more youthful-looking appearance.

Light Chemical Peels

Light and mild chemical peels contain glycolic or lactic acid to **brighten your skin, reduce fine lines, and diminish mild pigmentation and/or acne**. We typically leave the solution on the skin for 10 minutes to exfoliate the uppermost layer (epidermis). The peel can **reduce the appearance of fine wrinkles, slight pigment variations, dryness, and minor acne** for approximately one month.

Medium Chemical Peel

If you have **mild to moderate wrinkles, blemishes, and/or pigmentation**, we can reduce them with a medium-strength chemical peel that penetrates the skin at a deeper level. Medium-strength chemical peels, such as a [glycolic/TCA peel](#), can rejuvenate the skin's middle layer (dermis) to **address acne scars, deeper wrinkles, and an uneven skin tone**. To maintain your results, you will likely need to repeat the treatment every six months to a year.

Deep Chemical Peel

A deep peel reaches the lower dermal layer of your skin to **address deeper wrinkles, scars, sun damage, and dark spots**. We can leave the solution on your skin for up to two hours, but some patients only require a **shorter, 30-minute treatment**. The results of deep chemical peels can last for several years. Some deep peels require local anesthesia with oral sedation, which can help you feel more comfortable while **addressing significant skin damage**. We can discuss the **best treatment plan** for your needs during your [consultation](#).

Benefits

Chemical peels offer **several benefits**, including:

- **Smoother skin texture:** We can reduce the appearance of fine lines and wrinkles affecting your skin texture for a smoother appearance. [\(3\)](#)
- **More even skin tone:** We can address age spots, sun damage, and dark spots to brighten your skin.
- **Fewer scars:** Raising the collagen levels in your skin can reduce the pigmentation and visibility of scars affecting your appearance.
- **Less Acne:** Peels can exfoliate your skin to reduce inflammation and breakouts.

Candidates

Suitable candidates for a chemical peel want to achieve more **youthful-looking skin** and improve the appearance of:

- Fine lines and wrinkles
- Marks, freckles, and skin pigmentation
- Age and liver spots (lentigines)
- Sun-damaged skin
- Acne and acne scars
- Scaly patches and rough skin

Removing dead skin cells can also improve your skin's absorption of nourishing serums and skin products. Ideal candidates must have **realistic expectations** about what they can achieve with the treatment, and we can discuss any questions you have during your [consultation](#). If you have a condition that affects the quality of your skin or your ability to heal from a peel, Dr. Abramson can discuss alternative treatments to **help you achieve your aesthetic goals**.

Consultation

During your [consultation](#), we will ask about your current lifestyle, medication, and medical history. We will perform a **comprehensive evaluation** of your skin to **determine the best treatment plan** for your Fitzpatrick skin type. ⁽⁴⁾ If you have severely droopy skin, we may recommend an alternative procedure, such as a [facelift](#), for more extensive skin tightening. He can also combine your treatment with other procedures, such as [dermal fillers](#) to **add natural-looking volume to your skin**, a [FaceTite](#) to address moderate skin laxity, and/or [wrinkle relaxers](#) to prevent fine lines and wrinkles.

To learn more about our additional treatment options, [see our blog!](#)

Preparation & Treatment Process

To prepare for a chemical peel, you must **protect your skin from sun damage** and wear sunscreen regularly. You must also avoid harsh cleansers and acid-based treatments. During your [consultation](#), we can discuss the **best skincare routine** for your needs.

The treatment process will depend on the type of chemical peel you receive. To begin your treatment, we will cleanse your skin and apply a combination of beta-hydroxy acids, such as glycolic acid, lactic acid, salicylic acid, maleic acid, and alpha-hydroxy acids, to exfoliate your

skin. After the **peel exfoliates your skin**, we will cleanse your skin and apply a neutralizing serum.

After Your Treatment

Some patients may experience sensitivity or redness that typically fades after a few days following a light peel. If you receive a medium peel, you may experience skin irritation for up to ten days. Your skin may flake during this period, but it is a **natural part of your skin's renewal process**.

Your recovery time will depend on the type of peel you receive. Patients who receive a light or medium peel can **return to their everyday activities** afterward as long as they avoid excessive sun exposure. Patients who receive a deep chemical peel must take two days off from their regular activities. Patients with more sensitive skin may prefer to take time off work, depending on the redness and sensation in their skin. You will receive an ointment to protect and soothe your skin during your recovery period. We will also **provide specific instructions** about caring for your skin for the **best results**, including product recommendations.

Results

After a chemical peel, you can **enjoy brighter skin** since the treatment increases your skin's collagen levels and removes older, damaged skin cells. Patients who receive a light to medium peel can enjoy **firmer skin and a more even skin tone**. The results of a light chemical peel usually last for several weeks, while a deep peel can last for several years.

A deep chemical peel can reduce scars, diminish wrinkles, and firm the skin for a **healthier, more youthful-looking appearance**. Looking revived and rejuvenated can improve your self-confidence, and if you take good care of your skin, you can **enjoy long-lasting results**.

The Cost of Chemical Peels in New York

The cost of a chemical peel will depend on your **personalized treatment plan** and whether or not you need additional treatments for your **aesthetic goals**. We also offer financing to help make your treatment more accessible. Do not hesitate to **prioritize yourself and rejuvenate your skin** with topical, innovative therapies that have helped thousands enhance their appearance.

[Contact our office](#) to learn more about how a chemical peel can **improve your appearance**:

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- Franklin Lakes: **(201) 731-3134**
- Manhattan: **(212) 774-1828**

FAQ

How long will a chemical peel take?

This will depend on the size of the treatment area and the type of peel you receive. If you receive a superficial peel, the treatment typically takes 30 minutes, while deeper peels require longer sessions.

How often will I need a chemical peel?

This will depend on the condition of your skin. Patients who need light peels typically return once a month. We can discuss any questions you have during your consultation.

Can I do a chemical peel by myself at home?

No, chemical peels are medical-grade treatments designed to be administered by a clinician.

In-office, professional treatments can also help you achieve long-lasting results.

References

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2. Soleymani T, Lanoue J, Rahman Z. A Practical Approach to Chemical Peels: A Review of Fundamentals and Step-by-step Algorithmic Protocol for Treatment. *The Journal of clinical and aesthetic dermatology*. 2018;11(8):21-28. Accessed February 6, 2024.
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3. Rendon MI, Berson DS, Cohen JL, Roberts WE, Starker I, Wang B. Evidence and considerations in the application of chemical peels in skin disorders and aesthetic resurfacing. *The Journal of clinical and aesthetic dermatology*. 2010;3(7):32-43. Accessed November 7, 2023. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2921757/>

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