

Alpha Hydroxy Acids



Improving your skin with "Fruit Acids"

Alpha Hydroxy Acids (AHAs) are a group of naturally occurring acids which are derived from certain plants and fruits, including sugar cane, apples, grapes and citrus. History suggests that these "fruit acids" have been used for hundreds of years as moisturizers and skin fresheners. Ladies of the French court and women of ancient Rome used aged wine (containing tartaric acid) to improve their skin. Over the last 25 years, medical research has advanced our understanding of these acids and allowed us to create better formulations of these products. In addition, we are now able to use these acids in specific programs to combat:

- acne
- dry skin
- weathered sun damaged skin
- blotchy pigmentation
- fine wrinkles

HOW DO ALPHA HYDROXY ACIDS WORK?

Basically, AHAs decrease the "glue" that holds dead cells on the surface of the skin. This allows the dead cells to slough off, leaving behind a layer of smoother, softer skin.

In addition, AHAs help to dissolve the material that clogs pores. This allows the pores to drain better, decreasing the tendency for acne lesions to form.

Blotchy Pigment



Before



After

HOW LONG DO I HAVE TO USE AHAs BEFORE MY SKIN IMPROVES?

Most people can begin to feel a softening of their skin within 2-3 weeks. However, it may take several months of continued daily use of AHAs in order to achieve the best results.



HOW DO I USE ALPHA HYDROXY ACIDS?

There are several products containing Alpha Hydroxy Acids, which are currently available. They include cleansers, astringents, creams, lotions, gels and skin peels. Your skin care professional can help advise you which products are appropriate for your skin type. Together, you can create a long-term regimen of skin care to keep your skin looking its best.

WHAT IS AN ALPHA HYDROXY ACID SKIN PEEL?

A solution containing high concentrations of AHA is applied to your skin for several minutes and then washed off. This solution causes several of the top layers of skin to dry up and peel off over a period of several days. When the old layer has peeled off, it exposes a new layer of undamaged skin, which has a smoother texture and a more even color.

HOW MUCH TIME WILL I MISS FROM WORK WITH AN AHA PEEL?

AHA peels can be of many different depths. They can be very superficial, causing some flaking of the skin for 1-2 days, or they can be deeper, taking up to 7-8 days to heal. The superficial peels can normally be performed without having to miss any time from work. However, since they are light peels, it is usually necessary to perform a series of several peels in order to achieve the best results.



Before

Eye Wrinkles



After

CAN AHAS BE USED ON OTHER AREAS OF THE BODY BESIDES THE FACE?

All areas of the body appear to respond well to treatment with AHAs. However, the arms, neck, and chest all improve at a slower rate than the face. Therefore, many patients elect to treat these areas more aggressively, by using stronger products containing higher concentrations of AHA or having several light AHA peels done.

ARE THERE RESTRICTIONS ON WHO CAN HAVE AN AHA PEEL?

As with any procedure, not everyone is a candidate for an AHA peel. Unlike many other peels, those done with AHAs usually do not permanently lighten the skin. Therefore, they can be performed on patients with darker skin types including Hispanics, Asians, and African-Americans.

HOW DOES THE LOSS OF A LAYER OF DEAD SKIN CELLS IMPROVE THE APPEARANCE OF THE SKIN?

A thick layer of dead cells on the surface of the skin gives the complexion a rough, dull, appearance. When these cells are removed, they expose a layer of fresh new cells. This layer has a smoother texture and a more uniform color. Continued use of Alpha Hydroxy Acids appears to stimulate new cell growth. Some recent scientific studies have shown that continued use of Alpha Hydroxy Acids over time can cause the top layer of living cells to actually become plumper, creating a more youthful, tightening of the skin. In some AHA users, this tightening can even lead to a reduction in fine wrinkles or scars.



Before

Sun Damage



After

DO ALPHA HYDROXY ACID CREAMS CAUSE MY SKIN TO BECOME MORE SENSITIVE TO SUNLIGHT AND OTHER PRODUCTS, LIKE RETIN-A DOES ?

The use of Alpha Hydroxy Acid products rarely causes sensitivity to the sunlight. The vast majority of people can use AHAs with very little or no redness, irritation, or flaking, as is often seen with Retin-A. In addition, some recent scientific studies suggest that using AHAs may actually make your skin less sensitive to other chemicals.

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Cosmetic Peel Workshop™
(800) 838-6677 • Fax (858) 452-7021
9am - 5pm Pacific Standard Time

This brochure is intended to give a general overview of the treatment discussed. Your doctor will be happy to advise you regarding any questions you may have and provide you with additional information.

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