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The health of the skin is often a reliable indicator of your overall well-being. For instance, people who handle stress well usually have better-looking skin. However, highly stressful situations canâ€™t always be avoided, especially with a fast-paced lifestyle in the city. Itâ€™s a good thing then that there are plastic surgeons in Arizona who can help you maintain a smooth, clean skin despite your hectic lifestyle.

One of the methods they use to do this is chemical peel, where a solution is applied to the skin, left to â€œsitâ€• there for a while, and then removed. The peeled solution drags away dead skin cells and leaves a smooth layer of skin. There are over-the-counter products that serve as chemical peels, but itâ€™s generally recommended that these peels be applied with the help of professionals. Chemical peels are classified into superficial peels, medium peels, and deep peels.

Superficial peels are the mildest type. All skin types can benefit from these peels. These procedures involve the use of mild acids like citric, glycolic, lactic, malic and tartaric acid.

In medium peels, a substance called trichloroacetic acid (TCA) is usually applied to the skin, either by itself or after the application of another chemical solution. TCA is ideal for dark-skinned patients who want to correct skin pigmentation problems and remove blemishes, among others. The recommended concentration of TCA is a maximum of 35%.

Deep peel is the strongest chemical peel. This treatment is typically used on the face. One type of this is the phenol peel, which removes wrinkles and other signs of aging due to sun exposure. Because the chemical solution in this procedure is so strong, itâ€™s advisable to let medical practitioners like plastic surgeons in Arizona perform this treatment for you.

You can consult your plastic surgeons in Arizona for the best chemical peel for you. They will ask you questions about your skin type, skin issues, habits that may affect the health of your skin, and procedural risks (if any), etc. The plastic surgeon tests the chemical solution on a small portion of your skin first to show you the outcome. You may be asked to prepare your skin for the chemical peel weeks before the procedure itself. You will also follow maintenance habits as directed by your plastic surgeon after the procedure.

There are several chemical peels your plastic surgeons in AZ can do. It will help if you do a little research on your skin condition and the possible treatments for it. You can read webmd.com/healthy-beauty/guide/cosmetic-procedures-chemical-peel-treatments for more information on chemical peels.

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