



*The nineties beauty*  
**is back**  
*in style*

*Fred G. Fedok, MD*

# Unlike peels popular in the early 90s modern peel techniques have been modified to produce less post-treatment irritation

History tends to repeat itself, and what goes around usually comes around when it comes to trends. With dark lips, visible roots, and even modified French tips all over our IG feeds, beauty cult classics from the '90s are making a comeback in a big way.

Perhaps the treatment most synonymous with the decade is the chemical peel. Even though they've been around since Cleopatra's milk baths, chemical peels had their heyday in the 90s when physicians widely tapped into their power for addressing a multitude of skin concerns.

Decades ago, deep chemical peels were a force to be

reckoned with that often-left skin red and raw. However, as time progressed, formulas improved. Unlike peels popular in the early 90s modern peel techniques have been modified to produce less post-treatment irritation. Thanks to the reduced reactions and downtime, a growing numbers of facial plastic surgeons are turning to these oldies but goodies to address a wide range of skin concerns and conditions.

One of the things that contributes to their popularity is there's a peel for everyone. Some peels produce changes that are relatively light and freshen the skin through exfoliation. Moderately deep peels will help various kinds of pigmentation issues. The deeper peels are effective at correcting wrinkles.

The AAFPRS reminds consumers: Always practice peel safety. While it may be tempting to order your own high concentration solutions on the Internet, consumers should stick to a concentration of ten percent or less for peels with alpha hydroxy acids or AHAs, like salicylic and glycolic acids.

According to statistics recently released by the American Academy of Facial Plastic and Reconstructive Surgery (AAFPRS), more than half of facial plastic surgeons polled (52 percent) say that chemical peels are in high demand. And for good reason – these workhorses can improve acne, age spots, discoloration, tone, fine lines (especially under the eyes and around the mouth), freckles, melasma, sun damage, and more.

Dr. Fedok is board certified by the American Board of Facial Plastic and Reconstructive Surgery and the American Board of Otolaryngology. He is a Fellow and Member of the American Academy of Facial Plastic and Reconstructive Surgery, the American Academy of Otolaryngology – Head and Neck Surgery, the American College of Surgeons, and the American Medical Association. He is also a Diplomat of the National Board of Medical Examiners. <http://www.facial-plastic-surgery.com/about-dr-fedok.aspx>. This article is also available at [www.homecareforyou.com/publication](http://www.homecareforyou.com/publication).

