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AFA Peels

What it is

AFA's, also known as Amino Fruit Acids are a unique topical anti-oxidant facial peel. Similar to Alpha Hydroxy Acids, AFA's come from the sugar cane plant. However, they have a different molecular structure containing amino acids which naturally occur in the skin. AFA's are powerful anti-oxidants and also act as exfoliants (removing dead skin), while also effectively retaining the natural moisture in your skin. Because of their amino acid content, these organic peels cause minimal skin irritation as compared to traditional superficial peels. AFA peels do not make your skin sensitive to the sun. Treatments are generally performed every other week. Most patients require 4-6 treatments with occasional maintenance peels. AFA peels can be used for the following conditions:

- ◆ **Age Spots**
- ◆ **Oily Skin**
- ◆ **Sun damaged skin**
- ◆ **Acne**
- ◆ **Fine Wrinkles**
- ◆ **Shallow acne scars**
- ◆ **Mild hyperpigmentation**

To maximize the effect of these peels, they can be combined with microdermabrasion. If these two treatments are combined, two microdermabrasion treatments will be performed, then the four AFA peels will be alternated with the remaining microdermabrasion sessions.

What to Expect

At Stanford, an experienced Registered Nurse supervised by Dr. Gladstone will perform your AFA peels. You do not need any type of anesthesia. We recommend that you do not have the treatment if you have a sunburn or any type of rash. Your entire face will be cleaned and the peel will be applied. Patients tolerate the peels well, and most often describe their skin as feeling "refreshed" after the treatment. Following the neutralization of the peel, you will put on the moisturizer from the skin rejuvenation kit.

Post-Operative Care

Though your skin should not feel irritated, or be sun sensitive, it is still important to use moisturizers and sun block to protect from drying and photodamage. You may resume your normal activities following the treatment.

Risks

While AFA peels are minimally invasive, and very few if any adverse effects have been reported, allergy to AFA's is possible (but rare), and your face could temporarily become red and swollen. Should this occur, we would prescribe the appropriate medication.