

Chemical Peel Pre and Post Treatment Instructions

Two weeks prior to treatment:

- If you have a history of cold sores, let your provider know. Your provider may suggest an anti-viral medication prior to treatment.
- Avoid the following types of hair removal from the area you plan on having treated:
 - electrolysis
 - waxing
 - depilatory creams
 - laser hair removal
- Wait at least 2 weeks from other cosmetic treatments. This includes neurotoxins (Botox, Dysport), fillers (Juvederm, Restylane, Sculptra), lasers, Scarlet, Ultherapy, Microneedling, etc. Any skin sensitivity should be resolved before receiving additional skin treatments in the same area.
- Avoid excessive sun exposure, tanning booths and any type of self-tanners.

Three days prior to treatment:

- Discontinue the use of Retin-A, Renova, Differin and Tazorac.
- Discontinue use of any products containing retinol, alpha-hydroxy acid (AHA), beta-hydroxy acid (BHA) or benzoyl peroxide.
- Discontinue any exfoliating products that may be drying or irritating.

Immediately after the peel and up to 24 hours:

- Your skin may be tight and more red than usual.
- Skin may feel tacky and have a yellow to orange tinge. This is temporary and will fade once the peel is washed off.
- Do not wash your face the evening after your peel unless directed by your provider.
- Avoid strenuous exercise the day of the procedure and while your skin is peeling.

24 hours after the peel and until peeling is complete:

- Your skin may continue to feel tight up until it begins to peel.
- Peeling will generally start 48-72 hours after the procedure and can last 2 to 5 days.
- **DO NOT PICK OR PULL THE SKIN!** Allow skin to peel at its own pace. Premature peeling of the skin will result in dry, cracked, raw skin that may develop into post-inflammatory hyperpigmentation (dark spots).



After care regimen:

- **Cleanse:** use a gentle cleanser, do not scrub or use a wash cloth while the skin is peeling.
- **Moisturize:** only use a moisturizer approved by your provider to help relieve any dryness and control the peeling.
- **Sun Protection:** use an SPF 30+ approved by your provider throughout the day. Avoid direct sunlight for at least one week.

After peeling is complete:

- You may resume the regular use of Retin-A, Retinol, Alpha-hydroxy acids (AHA) products or bleaching creams ONLY after the peeling process is completed.
- Wait at least two weeks until peeling has completed before having any other facial procedures. For example: facials, microdermabrasion, laser treatments, hair removal or cosmetic injections.

Variations in the amount of peeling:

- The degree of peeling may vary depending on your skin type and your skin's condition at the time of the peel.
- Not all patients experience peeling skin. Peeling skin is NOT an indication that the treatment was successful or unsuccessful.

Reasons why some patients experience a decrease in visible peeling:

- This may be your first peel. Some patients experience less peeling in appearance the first time.
- Severely sun damaged skin. An increase in visible peeling typically develops with subsequent peels.
- Having peels regularly with a short interval between peels.
- Frequent users of Retin-A, Retinol, Alpha-hydroxy acids (AHA) products or other peeling agents prior to the peel treatment.
- Regardless of the degree of peeling, the skin is still sloughing off at an accelerated rate which results in the improvement of skin tone and texture, and diminishing of fine lines and pigmentation.

Series of peels:

For maximum results, peels should be done every 4-6 weeks until desired results are achieved. Results are cumulative and the greatest benefits are seen with a series of 3 or more peels.

Please call our office if you have any questions or concerns.