



Chemical Peel Pre and Post Instructions

PRE-Treatment Instructions

For best results, it is advised to avoid sun exposure and the following products & procedures at least 3 days prior your treatment:

- Electrolysis
- Waxing
- Depilatory creams
- Laser hair removal
- Any products that may be drying or irritating, including products containing salicylic acid, alpha hydroxy acids, vitamin c, hydroquinone, retinoids, and prescription medications.

POST-Treatment Instructions

For two days post procedure:

- Stay cool! Heating internally can cause hyperpigmentation.
- Do not put treated area directly into a hot shower spray.
- Do not use hot tubs, steam rooms or saunas.
- Do not go swimming.
- Do not participate in activities that would cause excessive perspiration.
- Do not use loofahs or other means of exfoliation.
- Do not direct a hair dryer onto the treated area.
- Do not apply ice or ice water to the treated area (cool compresses are ok).

General guidelines:

- After receiving a chemical peel, the skin may look and feel like a mild windburn for the next 2 or 3 days. OTC hydrocortisone cream may be used to lessen this effect. After 48 hours, a slight flaking may occur for 3 to 5 days which can easily be controlled with moisturizers.
- It is recommended that makeup not be applied the day of treatment, as it is ideal to allow the skin to stabilize and rest overnight.
- Moisturizer should be applied at least twice a day but can be applied more frequently for hydration and to decrease the appearance of flaking.
- Avoid direct sun exposure and excessive heat. An SPF of at least 30 must be used daily. USE ONE CONTAINING ZINC OXIDE IF POSSIBLE.
- Do not go to a tanning bed for at least two weeks post procedure. This practice **should** be discontinued entirely due to increased risk of skin cancer and signs of aging.

- Do not pick or pull on any loosening skin. This could potentially cause hyperpigmentation.

Do not have any other facial treatment for at least one week after your peel. You may resume the regular use of retinoids, alpha-hydroxy acid, beta hydroxy acid, vitamin c or bleaching creams ONLY after peeling process is complete.

Chemical Peels work by exfoliating dead skin cells and stimulating your body's wound repair response. When skin does not "peel", it does not mean that your peel was not effective...it just means your at-home care is more than likely superior and your skin had no compacted skin cells to discard at that time. The results from your peel are the same and this should not be taken as a "bad" peel.