



Pre & Post Treatment Instructions For Chemical Peels

BEFORE your Chemical Peel:

- Avoid sun exposure, self-tanning creams, spray tans and tanning beds for at least two weeks prior to treatment.
- Do not have facial hair waxed or lasered 2 weeks prior to treatment
- Active skin care products such as Retin A, Retinol, Renova, glycolic acid products, night creams with alpha hydroxy acids should be discontinued throughout these treatments.
- Can not have used Accutane for 1 year prior to treatment.

AFTER your Chemical Peel:

- You will experience mild to moderate tingling or stinging during the treatment. You may be red post-peel which will last for a few hours. In the few days following the treatment you may also experience some tightness, dryness and light peeling, almost like a mild sunburn. This is normal as the skin undergoes its regeneration process
- AVOID SUN during the peel process, you will have fresh baby skin being exposed and want to avoid all sun during this time. Apply SPF of 30 or higher containing UVA/UVB protection along with a sun blocker such as zinc and/or titanium dioxide between treatments every 2 hours when outdoors and try to use a hat
- DO NOT PICK: during the peel process absolutely no rubbing, rolling, or pulling on the skin. Picking can result in PIH (post inflammatory hyperpigmentation) These are the aspects we are trying to correct and it is imperative to not interfere with the process. You may carefully trim the excess skin with a pair of sterile scissors.
- Use hands only for washing face: no wash clothes or facial brushes during the healing process, just clean hands.
- No heat: it is important to avoid any heat both internally and externally. This means strenuous exercise for 72 hours to 96 hours post treatment, NO HOT WATER; use warm or cool to wash your face, be careful with blow dryers
- Do not use makeup for at least 24 hours.
- No facial waxing for 2 weeks post treatment but threading is fine as an alternative.
- Use the Post-Procedure solution kit that is provided to you for the next 7-10 days then resume normal skin care routine after.
- Itchiness is common during the healing process. You may use the CliniCalm 1% in your post care kit and can use an antihistamine of your choice i.e. Benadryl or Ibuprofen as an anti-inflammatory.

Any questions/ concerns – call our office at 480-800-8346