



Chemical Peel Pre & Post Care Instructions

Pre-Treatment:

For best results, it is advised to avoid sun exposure and the following products and procedures at least 1 week prior to your treatment:

- Electrolysis
- Waxing
- Depilatory creams
- Laser hair removal
- Any exfoliating, drying, or irritating products such as:
 - Salicylic acid, alpha hydroxy acids, vitamin c, hydroquinone, retinoids, and prescription medications
- Shaving of the area to be treated

48 Hours Post Treatment:

- 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

General Guidelines:

- After receiving a chemical peel, the skin may look and feel like a mild windburn for the next 2-3 days. After 48 hours, a slight flaking may occur for 3-5 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.
- To minimize side effects and maximize results, use the post procedure instructions given by your provider.
- Moisturizer should be applied at least twice per day but can be applied more frequently for hydration and to decrease the appearance of flaking.
- Avoid direct sun exposure and excessive heat. A minimum of SPF 30 must be used daily.
- Do not go to a tanning bed for at least 2 weeks post procedure. This practice should be discontinued due to increased risk of skin cancer and signs of aging.
- Do not pick or pull on any loosening skin. This could cause hyperpigmentation.

Do not have any other facial treatments for at least 1 week post peel. You may resume your regular use of retinoids, alpha-hydroxy acid, beta-hydroxy acid, vitamin c, or bleaching creams ONLY after the peeling process is complete.