

Chemical Peel Pre and Post Care Instructions

For optimal results, please review the following information prior to your treatment. Please note that if you currently are not on a retinol, we recommend starting one following your chemical peel. Please ask our staff if you would like assistance in determining which retinol is right for your skin!

Pre-Treatment

- Discontinue the use of retinols and any products that cause the skin to be more sensitive (Retin A, Tri Retinol Complex, etc.) five days prior to the chemical peel.
- Discontinue the use of any benzoyl peroxide product (Purity Gel Spot TX, Acne Lotion, etc.) or any other product that can cause dryness, redness, or irritation three days prior to the chemical peel.
- Use a mineral sunscreen (minimum SPF 30) **EVERY DAY** for at least a week prior to your treatment.
- Do not wax any area of the face for one week prior to your treatment.
- No IPL or Laser Hair Removal for a minimum of 2 weeks prior to treatment.

Post-Treatment

- The length of time the chemical peel remains on the skin is dependent on the type of chemical peel used. Your provided may remove the peel prior to you leaving, or you may be instructed to remove the peel at home. If removing the peel at home, use luke-warm water and a mild cleanser as instructed.
- Do not apply makeup the day of treatment. This gives the skin time to rest and restabilize overnight.
- During the first 48 hours after your treatment, please abide by the following:
    - Stay cool! Increasing your body temperature can cause hyperpigmentation.
    - Do not use steam rooms, saunas, or put treated area directly into a hot shower spray.
    - Do not use hot tubs or swimming pools.
    - 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.

- It is normal for the skin to look and feel like a mild windburn/sunburn for 2-3 days following your treatment. Flaking typically begins 48hrs after your treatment and lasts from 3 to 7 days.
    - **DO NOT** pick or peel any loosening skin, as this could potentially cause hyperpigmentation. Clip with scissors if needed and moisturize the skin at least twice a day.
- Avoid direct sun exposure and excessive heat. An SPF of at least 30 must be used daily. Wait a minimum of 2 weeks before utilizing any tanning methods (tanning lotion, tanning beds, etc.)
- Wait a minimum of one week after your treatment before undergoing any facial treatments. 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.

Date *

MM/DD/YYYY

Signature *