



CHEMICAL PEEL

Pre-Treatment Instructions

GENERAL PRE-TREATMENT SKINCARE RECOMMENDATIONS

Your skin will heal best from a chemical peel if your at-home regimen supports a healthy skin barrier.

- Incorporate a Retinoid into your home care regimen.
- Use SPF +30 every day.

PRE-TREATMENT INSTRUCTIONS

To make the most out of your upcoming chemical peel, please follow our pre-treatment instructions.

3 weeks before your treatment:

- Avoid extensive sun exposure / no tanning.

2 weeks before your appointment, please avoid the following treatments:

- Electrolysis
- Depilatory Creams
- Waxing
- Laser Hair Removal

1 week before your appointment, please discontinue the use of the following products:

- Azaleic Acid
- Salicylic Acid
- Lactic Acid
- Tartaric Acid
- Citric Acid
- Retinol/Tretinoin/Retin-A/Vitamin A
- Glycolic Acid
- Any product labelled AHA/BHA
- Benzoyl Peroxide
- Any product that uses the word 'scrub' in its description
- Malic Acid
- No filler or Botox injections
- Vitamin C

2-3 days prior to treatment

- Avoid shaving the treatment area for 2-3 days prior to treatment.
- Stay hydrated - stop using any products that could be drying out your skin at least a few days before your appointment. And keep drinking water!



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Post-Treatment Instructions

POST-TREATMENT INSTRUCTIONS

The most important points are to wash the skin gently, keep it moisturized, wear SPF and don't pick.

- You can use ice packs for 20 minutes at a time, or a cool fan, to help relieve discomfort at home.
- 4 hours after your peel was applied, you may cleanse the skin gently with cool/lukewarm water without any rubbing, and pat dry.
- Gently apply a thin layer of moisturizer multiple times throughout the day, as needed.
- Wash your face twice daily with a gentle cleanser approved by your practitioner. Use your hands only, no rubbing and pat dry.
- Use SPF +50 every day even if you're not exposing your face to sunlight.
- In the first 7 days after the treatment, keep your skin away from sunlight as much as possible (standing next to a window or driving in a car also counts as sunlight exposure), and reapply SPF every 3 to 4 hours. If you have to go outside, wear a wide-brimmed hat and sunglasses in addition to your sunscreen.
- You can use powder or mineral makeup as soon as the day after.
- Apply polysporin, bacitracin or Vaseline to dry flaky areas.
- Resume normal skin care routine on day 10 after your chemical peel, or when all the peeling has subsided.

DON'T

- Don't wash your face in hot water.
- Do not go swimming or submerge the treatment area in chlorinated water.
- Do not use any AHA, BHA, Retinol or anti-aging products until skin is healed.
- Avoid heat - no sauna, steam baths or exercise that causes sweating, until the skin is healed.
- Don't use liquid or cream makeup for 1 week after the treatment.
- Do not peel, pick or scratch the treated area, as this may result in scarring. Approximately 24-48 hours after the treatment, your skin will start to peel. This peeling will generally last 2 to 7 days.
- Do not have any other facial treatments for at least 2 weeks after your peel or until the skin is smooth and back to normal.

RECOVERY TIME

- Light chemical peels
 - Recovery time is about four to seven days.
 - Your skin may temporarily be lighter or darker.
- Medium chemical peels
 - Your skin will recover about five to seven days after a medium chemical peel, though you may have redness that persists for months.
 - Your skin will initially swell, and then form crusts and brown blotches before revealing new skin.
- Deep chemical peels
 - Deep chemical peels may cause severe swelling and redness, with burning or throbbing sensations.
 - It's common for the eyelids to swell shut.
 - It will take about two weeks for the new skin to develop, though white spots or cysts may last several weeks.
 - It's common for redness to last for several months.

LACK OF PEELING

Although most people experience peeling of their facial skin, not every patient notices visibly peeling after a Chemical Peel procedure. Lack of peeling is NOT an indication that the peel was unsuccessful. If you do not notice actual peeling, please know that you are still receiving all the benefits of the peel, such as: unclogging of pores, stimulation of collagen production, increased cell turnover, improvement of skin tone and texture, and diminishment of fine lines, wrinkles and dark spots.

Post treatment care is crucial to safe healing of the skin and achieving the best possible results. It's relatively simple, but you have to take it seriously. It comes down to avoiding sunlight and heat for about 10 days, keeping the skin moisturized and covered with SPF, and resisting the urge to pick at the peeling skin.