



## CHEMICAL PEEL TREATMENT INSTRUCTIONS

### Pre-Treatment Instructions:

#### 7-10 days before your appointment

- If you had recent sun exposure or have an open wound, you will need to reschedule your appointment.
- Inform the doctor if you have taken Accutane (oral acne medication) in the past year.
- Cease application of all topical retinoids, or Vitamin A derivative products.
- If you have a history of cold sores or fever blisters, we recommend pretreating with antiviral medication (i.e. Valtrex). Please speak with your Aesthetician prior to your appointment so a provider can call in a prescription to your pharmacy.
- Cease use of all Glycolic or chemical exfoliants.
- Cease use of all mechanical exfoliants, such as scrubs.
- Be sure to inform your Aesthetician of any medications you are currently taking that can cause skin sensitivity.
- Avoid facial waxing.
- Avoid sun exposure without a sunscreen of SPF 30 or greater. Avoid tanning beds.

### Post-treatment instructions

- Expect your skin to appear pink for a few hours after treatment.
- Avoid any aerobic exercise or vigorous physical activity for the first 48 hours
- Use of sunscreen with SPF 50 or greater at all times for at least a week after your peel. It is recommended that you continue to use these products to help protect your skin and maintain the benefits of the peel even after your initial week
- Avoid direct sun exposure. Too much sun exposure may cause improper healing and in some cases may reverse the benefits of the peel.
- Treat the skin gently- DO NOT Exfoliate- thought you may experience red, dry, or flaking skin for several days or more after your peel.
- Do not pick or pull at peeling skin – you will scar! The dead will naturally slough off.
- Avoid alpha- and beta-hydroxy acids products, retinoids, retinols and facial products containing fragrance for a few days after.
- Consult with your Aesthetician on when it is safe to go back to your normal home care regimen
- To achieve best results & avoid skin reactions, we recommend you use products from our office that your Aesthetician suggests at your appointment.