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.

PRE-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
- Apply sunscreen with SPF 50 or higher daily to protect your skin and maintain the benefits of your peel. Continued use is recommended, especially during the first week following treatment.
- 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.