

Chemical Peel Pre & Post Treatment Care Instructions

Prior to your peel

- Stop topical acne regimen such as Retin-A, Tretinoin, Adapalene, Benzoyl Peroxide, Salicylic Acid 5 days prior to your peel.
- If you have been on Accutane within the past 6 months you should not have a peel.

12 Hours Immediately following Peel

- Do NOT wash your face.
- No exercising or sweating.
- No showering or getting your face wet at all.
- Stay out of the direct sunlight for an extended amount of time.
- Skin will be tight and may stay slightly red.
- Do not apply anything except approved products to your skin

Post-Treatment Instructions:

- Peeling will begin 36-48 hours after peel (and last anywhere from 3-7 days).
- Peeling can be similar to that of a sunburn or light flaking.
- Redness and sensitivity might be present (and last up to a few days). Continue to use recommended skincare as instructed.
- Avoid sun tanning and prolonged exposure to direct sunlight.
- Do NOT pick or prematurely peel the skin.
- When exposed to sun, always use sunscreen SPF 30 or above, approved by your provider.
- Treat skin gently by washing with a gentle cleanser, cool water, using hands only, pat dry and immediately apply _____.
- To combat peeling throughout the day continue to apply recommended post-care moisturizer.
- May use mineral makeup after 12 hours but it not recommended while you are peeling.
- Repeat treatments in 4 weeks and for best results complete a series of 3 – 5 treatments.

Provider Recommended Products:

Morning

- _____
- _____

Evening

- _____
- _____

• _____

• _____