



## Chemical Peel Pre & Post Care Instructions

### Beginning 1 week prior to treatment:

- Avoid sun-exposure or tanning beds.
- Discontinue use of topical exfoliating agents (Glycolics/ Alpha or Beta-hydroxy acids)
- Discontinue retinoid medications e.g. Retinol, Tretinoin (Retin-A/ Atralin), Adapalene (Differin), Tazarotene (Tazorac), etc. and OTC anti-aging products contain retinol or retinaldehyde. The use of retinoids may result in undesirable effects and prolonged healing.
- Drink plenty of water prior to the day of your Peel so your skin is well hydrated.

### Day of treatment:

- Thoroughly wash and dry skin to remove any make-up, sunblock, lotions, etc.
- Inform physician if you have a history of fever blisters as you may benefit from anti-viral medication.

### Post-Procedure Instructions and Precautions:

- Immediately following the peel, the skin may appear tan, red, or yellow and tight.
- Do not wash, touch, or apply make-up and/or sunscreen for at least 4-6 hours.
- Cleanse after 4-6 hours. Wash the area with a mild cleanser and water with hands only.
- Avoid using prescription topical medications for the first 3-5 days following your procedure.

### Beginning day 3-5:

- Skin may start to peel. **IT IS IMPORTANT TO NOT PULL/RUB THE SKIN!**
- You may apply moisturizers gently and frequently to reduce any discomfort.
- While your skin is healing, **DO NOT USE:** a hot tub/ sauna/ steam room, exfoliating products, wax, tanning bed or topical vitamin A/retinol.
- Once your skin has finished peeling, you may return to your normal skincare routine.