



### **Chemical Peel Instructions and After Care**

Chemical peels cause controlled injury to the outer layers of your skin. As your skin heals in response to this injury, it is important to take excellent care so the results reveal smoother and healthier skin. Chemical peels can improve the appearance of discoloration, acne, and aging, especially if done in a series.

Depending on the strength of the peel and your individual skin's sensitivity, your healing process may take 5-10 days and involve anywhere from itching and tightness from dryness (usually beginning on days 2-4) to overt shedding of skin.

It is normal to experience burning or tingling during the application of the peel. You may also feel discomfort if you wash off the peel with warm water, or perform strenuous exercise that increases blood flow to your face. For this reason, these activities should be avoided.

**LET US KNOW BEFORE YOUR PEEL IF: you are pregnant or breast-feeding, have a history of cold sores/ fever blisters, are using at-home or prescription medicines for acne or anti-aging purposes, have taken Accutane in the past year.**

#### **PRE-PEEL INSTRUCTIONS:**

- If you use a retinoid/ retinal (Tretinoin, Retin-A, Adapalene, Tazorac, etc.) at night, stop using it at least 3 night before your peel is scheduled. Continuing these medicines will significantly increase the strength of the peel and can cause an over-reaction.

**\*IF YOU ARE UNSURE IF YOUR TOPICALS CONTAIN ONE THESE INGREDIENTS, PLEASE ASK US!\***

- Take medication given for cold sores/ fever blisters if these were prescribed.
- Come to the office without wearing makeup, or be prepared to take it off. You should not plan to reapply make up until the following morning.

#### **POST PEEL INSTRUCTIONS:**

- At bedtime (at least 2 hours after your peel), wash your face with cool water and a gentle cleanser. Warm or hot water can cause heat and potential discomfort. We recommend Vanicream, Cerave, or Cetaphil.
- Do not scrub. The peel itself is a chemical exfoliant. There is NO need to use a scrub brush or abrasive wash. Also, resist the urge to pick and peel your skin. This may cause damage and compromise your results as well as possibly result in scarring.
- Hydrate! The chemical peel has compromised your skin's natural barrier and the new, emerging skin needs to be protected with thick layers of heavy, gentle moisturizers.
  - Reapply moisturizer throughout the day as needed. Do not allow scabs to form.
  - No anti-aging or pigment correcting topicals should be used until you are totally healed. Be sure you are avoiding the following potentially irritating ingredients: Glycolic Acid, Lactic Acid, Salicylic Acid, Benzoyl Peroxide, and retinoids/ retinols.
  - You can re-start your regular skin care routine once your skin has healed.
- Avoid sun exposure. Use a zinc-based SPF 30+ sunscreen if you're going outside for ANY amount of time and be sure to re-apply if appropriate.
- If the peeling area is not tender to the touch, you can apply a powder makeup with a brush after applying your moisturizer with sunscreen. Be sure to use clean brushes.

Call the office if you have swelling and excessive tenderness after the peel. Peeling and prolonged redness is normal. Weeping and pain are not normal and are concerns for infection.