



## **Pre and Post-Treatment Instructions Chemical Peels**

### **General Information**

- Chemical peels are used to speed up the natural process of cell renewal. With new cells, the skin will look smoother and have an immediate glow. Chemical peels can be used to treat a variety of conditions including aging, sun damage, texture, completion, excessive pigmentation, and acne scarring.
- Chemical peels should be avoided with active cold sores, warts, open wounds, sunburn, dermatitis, inflammatory rosacea, or excessively sensitive skin. The chemical peel could precipitate a flare of spreading.
- If you have a history of cold sores, you should be taking Acyclovir twice a day for 7 days. This prescription should start the day before or the day of your first treatment
- Chemical peels should not be preferred in patients with sensitivities such as an allergy to aspirin, phenol, or hydroquinone

### **Prior to Treatment**

Before Chemical Peel please observe the following:

- Avoid any Retinol (Retin-A/Tretinoin), hydroxy acids, or anti-aging product for **1 day** prior to the procedure
- Avoid any prolonged sun exposure **1-2 weeks prior** to the treatment. You should not have a sunburn or significant tan. If you must be in the sun, use a Zinc based SPF of at least 30+, and re-apply throughout the day. Avoid midday sun and wear a hat and glasses.

### **Day of the Procedure**

- Please remove any contact lenses and pull your hair back and away from your face
- Wear loose-fitting comfortable clothing
- Bring a large hat to protect your skin when you exit the office
- Your skin may feel tight, with slight redness and sensitivity to warmth, products, and physical movement may occur
- Avoid any harsh or exfoliating products

### **Post Procedure (Day1-5)**

- All patients' skin is different and the intensity of the peel chosen for your skin will have an effect on your downtime. Your aesthetician will be able to answer questions in regard to specific downtime for your custom treatment
- Continue to treat the skin gently, avoid and protect it from the sun, and do not pick, rub, pull, or scrub the skin
- Avoid any other facial treatments for a minimum of 2 weeks or until sensitivity has resolved
- Most skin care products can be resumed when your skin is fully healed and feels back to normal, this is usually 1-week post-treatment
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### **Product Instructions**

- It is important to keep your skin clean and hydrated throughout the recovery process. Avoid any harsh or active products for at least 1 week. Once the skin is fully healed you can resume any skincare products.
- Please avoid any direct or prolonged sun exposure, swimming, or exercise, for 24 hours post-treatment.
- The following products are medical grade and have been tested post-chemical peel treatments. If substitute products there is a risk of damaging the skin and creating an allergic reaction due to the open channels.
- You will receive a custom plan for your skin care needs, below are some general rules to follow

- **CLEAN:** Wait for 6-12 hours post-treatment and then wash your face with Skinceuticals **Gentle Cleanser** or **Osea Ocean Cleanser/Milk**. Continue to wash AM and PM for a min of 3 days
- **HYDRATE:** Following your treatment, your skin may feel drier than normal. Use the SkinCeuticals **B5 Gel** for the ideal ingredients to hydrate and restore skin back to perfect balance. You may resume any other anti-aging moisturizers or HA5 after 5 days. If your skin is extremely dry, please reach out and we can also recommend a bio-cellulose mask or protective balm.
- **ANTIOXIDANT:** As your skin starts to regenerate antioxidants are ideal for skin health. This is found in **Skinceuticals CE Ferulic** and started 5 days post-treatment in AM.
- **COOLING:** The **Phytocorrective Masque** is formulated with healing botanicals and hyaluronic acid to safely restore moisture to heal the skin and calm redness and heat. The masque can be placed in the fridge for an even more cooling effect.
- **MAKE-UP:** It is recommended to avoid any makeup application to the skin for 24hrs
- **PROTECT:** Immediately after the procedure apply a mineral-based SPF, **Skinceuticals physical Fusion** is preferred. Do not use additional SPF as ingredients can be toxic to the treated skin for the first 24-48 hours.

### **Post Series Treatments**

- Chemical peels/Hydrfacials/Diamond Glow/Dermaplaning facials are highly recommended every 3 months to enhance your results. Our staff will make sure you have a customized care plan.

### **Please call the office if you experience any of the following:**

If it is after hours and we cannot be reached, please contact urgent care services, or in the event of an emergency call 911

- If you are uncertain and have questions
- Pain that is not relieved by Tylenol
- Indication of infection (redness, tenderness, pus)

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