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F A C I A L P L A S T I C S

## CHEMICAL PEEL PRE- AND POST-CARE INSTRUCTIONS

### Two Weeks Prior to Treatment

- No prolonged sun exposure to the area being treated. Treatments will not be administered on tan or sunburned skin.
- **No self-tanner** to any area being treated.
- No treatments such as microdermabrasion, microneedling, other chemical peels or lasers can be done within 2 weeks of this chemical peel

### 5 Days Prior to Treatment:

- Discontinue any irritant type of topical products or treatments.
- **Discontinue** products such as Alpha Hydroxy Acids, Beta Hydroxy Acid, **Retinol** (Vitamin A), Tretinoin, **Lightening creams**, hydroquinone, Vitamin C (in a low pH formula), scrubs or anything perceived as 'active' skincare.

What to expect: (this is the typical timeline; individual results may vary)

### Immediately after the peel and for up to 24 hours:

- Your skin may be red, tight, and sensitive. You may experience warmth and tingling that can last anywhere from 15 minutes to a few hours.
- Skin may feel tacky and have a yellow or orange tinge (depending on the peel). This is temporary and will fade in a few hours.
- **DO NOT GET THE AREA WET FOR 6 HOURS** after your peel. Getting the area wet before 6 hours could reactive the peel.
- Avoid strenuous exercise, saunas, hot tubs, steam rooms starting the day of the procedure and while skin is peeling.
- Your skin may be temperature-sensitive throughout the peeling process. Keep this in mind when performing the following: showering, bathing, opening dishwasher, dryer, or oven, and cooking over a hot stove.

### 24 hours after the peel and until peeling is complete:

- You may experience the following: redness, tightness, dryness, mild flaking, potential temporary darkening of surface pigmentation, crusting of surface pigmentation, moderate flaking, or sheet peeling.
- Skin may be tight up until it starts to peel.
- Peeling will generally start between 48-72 hours after the procedure and can last 2-6 days.
- DO NOT PICK OR PULL THE SKIN! Allow skin to peel at its own pace. Premature peeling of the skin will result in dry, cracked, raw skin that may develop into post-inflammatory hyperpigmentation (dark spots) or scarring.

**Aftercare skincare regimen:**

- Cleanse – wash face with cool water and use a gentle cleanser ( we recommend SkinBetter Cleansing Gel or SkinCeuticals Soothing foam wash). Do not scrub and/or use a washcloth while skin is peeling.
- Moisturize – use only moisturizers recommended by your provider (our favorite is Aquaphor Ointment or Avene Cicalfate)
- Sun Protection – it is imperative that you protect the skin from the sun during the peeling process and after. Apply only a sunscreen recommended by your provider(we recommend using mineral SPF only such as TruPhysical by Revision or SkinCeuticals Physical Fusion). Do not use chemical sunscreens (oxybenzone, avobenzone, octisalate, octocrylene, homosalate and Octinoxate) until healed. AVOID DIRECT SUNLIGHT FOR AT LEAST TWO WEEKS after procedure.

**After peeling process is complete:**

- You may resume the regular use of Retin-A, retinol, alpha-hydroxy acids (AHA) products or lightening products ONLY after the peeling process is completed.
- You should wait until after peeling has completed before having ANY OTHER FACIAL PROCEDURES including: facials, microdermabrasion, laser treatments, facial waxing (wait at least 2 weeks), and cosmetic injections.

**Sunburn Alert:**

- Extra precautions should be taken to avoid sun exposure following the peel. It is recommended that patients continue to use a medical-grade sunscreen with an SPF of 30 or higher. Limit sun exposure for at least 14 days after peel is performed to avoid post-inflammatory hyperpigmentation.

**Patient DO's:**

- **Do** keep skin well moisturized in the days following the chemical peel.
- **Do** wear sunscreen.
- **Do** call the office any questions or concerns.

**Patient DON'T's:**

- **Don't** use homecare products containing chemical or manual exfoliants, or anything not approved by your provider.
  - **Don't** pick, peel, or try to exfoliate the skin. Allow skin to fall away naturally.
  - **Don't** participate in vigorous physical activity that will cause excessive sweating or increased blood circulation to the face within 48 hours of procedure.
- ❖ Individual results will vary, and each patient will experience different levels of peeling, and some possibly not at all. This is normal and does not mean the peel was ineffective. Many factors influence the peeling process, and chemical peels work under the surface to increase cellular turnover and stimulate collagen production. You should notice a brighter, smoother, more even skin tone in the days and weeks following the procedure.

**Question? Please call our office or you can email your aesthetician directly:**

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