

# Chemical Peel Instructions

## Before Treatment

Avoid sun exposure and the following products & procedures at least 1 week prior your treatment:

- Electrolysis.
- Waxing.
- Depilatory creams.
- Laser hair removal.
- Any exfoliating products.
- Products containing salicylic acid, alpha hydroxy acids, Vitamin C, hydroquinone, and retinoids.
- Shaving of the area to be treated.

## After Treatment

For two days post procedure...

- Stay cool! Heating internally can cause hyperpigmentation.
- Do not put the treated area directly into a hot shower spray.
- Do not use hot tubs, steam rooms, or saunas.
- Do not go swimming.
- Do not participate in activities that would cause excessive perspiration.
- Do not use loofahs or other means of exfoliation.
- Do not direct a hair dryer onto the treated area.
- Do not apply ice or ice water to the treated area.

## General Guidelines & Recommendations

- After receiving a chemical peel, the skin may look and feel like a mild windburn for 2 or 3 days. After 48 hours, a slight flaking may occur and may last for 3 to 5 days, which can easily be controlled with moisturizers.
- Do not apply make-up the day of treatment. It is ideal to allow the skin to stabilize and rest overnight.
- To minimize side effects and maximize results, follow post-procedure skin care recommendations for 3 to 5 days, or until flaking has resolved.
- Moisturizer should be applied at least twice a day but can be applied more frequently to decrease the appearance of flaking.
- Avoid direct sun exposure and excessive heat. SPF 30 must be used daily.
- Do not use a tanning bed for at least two weeks post-procedure. This practice should be discontinued due to increased risk of skin cancer and signs of aging.
- Do not pick or pull on any loosening skin. This could potentially cause hyperpigmentation.

- Do not have any other facial treatments for at least one week after your peel. You may resume the regular use of retinoids, alpha-hydroxy acids, beta-hydroxy acids, Vitamin C, or bleaching creams (hydroquinone) ONLY after the peeling process is complete.