



PRE treatment Instructions for Chemical Peel

- Please be candid in revealing any conditions that could prohibit this chemical peel treatment such as the use of Accutane in the past 6 months, pregnancy or breastfeeding, history of photosensitivity, autoimmune disease, or connective tissue disorder.
- **Do NOT** use any acidic products or irritants to your skin, such as retinoids or tretinoin, acne medication products such as Retin-A®, Tazorac®, Renova®, Atralin®, Ziana®, Differin®, Veltin®, the antibiotic Doxycycline, AHAs (glycolic, lactic, tartaric, etc.), BHAs (salicylic), benzoyl peroxide, vitamin C products, lightening agents such as hydroquinone or any exfoliative products including loofahs or coarse sponges to your skin for **1 week prior** to your chemical peel. These medications and products increase your photosensitivity, which can significantly increase the likelihood of complications.
- Avoid direct sun exposure of any kind as well as tanning beds and self-tanning to the planned treatment areas for **4 weeks prior** to treatment. A tan can produce a burn to the skin and can result in hyperpigmentation (skin darkening) as well as hypopigmentation (skin lightening).
- **Do NOT** tweeze, wax, use a depilatory, or undergo electrolysis in the areas you wish to have treated for **1 week** before treatment.
- Avoid Botulinum Toxin Type A (Botox®) and dermal filler injections on or around the treatment area(s) for **1 week prior** to treatment.
- If you have an active cold sore or skin infection the day of your treatment, please call our office to reschedule your appointment.
- Bring a large brimmed hat or umbrella and a pair of sunglasses to block the sun for your trip home.
- Please arrive to your appointment with the treatment area(s) fully cleaned and free of makeup.
- **Do NOT** apply any creams, lotions, aftershave, cologne, or perfumes the day of the appointment to the planned treatment area(s). Avoid shaving the treatment area the day of the appointment.