



Pre-Treatment Instructions for Chemical Peels

ONE WEEK BEFORE YOUR PEEL AVOID THESE PRODUCTS AND/OR PROCEDURES:

- Electrolysis
- Waxing
- Depilatory Creams
- Laser Hair Removal
- Patients who have had Botox injections should wait until the full effect of their treatment is seen before receiving a Peel

TWO TO THREE DAYS BEFORE YOUR PEEL AVOID THESE PRODUCTS AND/OR PROCEDURES:

- Retin-A, Renova, Differin, Tazorac
- Any products containing retinol, alpha-hydroxy acid (AHA) or beta-hydroxy acid (BHA), or benzoyl peroxide
- Any exfoliating products that may be drying or irritating
- Patients who have had medical cosmetic facial treatments or procedures (e.g. laser therapy, surgical procedures, cosmetic filler, microdermabrasion, etc) should wait until skin sensitivity completely resolves before receiving a Peel

Note: The use of these products/treatments prior to your peel may increase skin sensitivity and cause a stronger reaction.

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Post-Treatment for Chemical Peels

Continue taking all prescribed medications unless otherwise directed.

Keep skin well hydrated.

Let your skin exfoliate naturally. DO NOT pick or peel the affected area, or scarring may occur.

Avoid prolonged sun exposure and avoid excessive heat, hot rooms, and hot water temperature. Use sunscreen as directed.

Avoid the use of Retin-A, or similar products for 48 hours following your procedure unless instructed otherwise.

Do not use laser or similar methods of hair removal (wax/depilatories) for 48 hours following your procedure.

If no signs of irritation are present, you may shave the treated area 24 hours after your procedure.

What you can expect:

You may experience a variable amount of stinging and tightness, but these symptoms should subside within 24-48 hours after your procedure.

Temporary skin discoloration, dryness, and flaking, specifically around the nose and lips, will occur for 24-48 hours after your procedure.

Rarely some patients may experience a mild headache.

Rarely some patients may experience mild swelling of the treated area.

Contact us if you experience:

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- excessive and/or increased redness, burning, irritation, extreme tenderness, and/or "crusting" of the skin
- nausea, dizziness, disorientation, fever, and/or extreme headache
- severe contact reaction/persistent localized discomfort
- blistering

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