

# Pre and Post Peel Instructions

## PRE CHEMICAL PEEL INSTRUCTIONS

1. Avoid sun tanning and tanning beds for 2 weeks before treatment.
2. If you have a history of cold sores or herpes, antiviral therapy may be started prior to treatment and continued for one week after treatment.
3. Must be off Accutane for 6 months before treatment.
4. Avoid Retin A, glycolics and any skin irritants 3 days prior to treatment.

## POST CHEMICAL PEEL INSTRUCTIONS

1. Immediately following the peel, take extra precaution to guard against exposure to the sun, using daily sunscreen.
2. After 4 to 6 hours, you may wash your face with your fingertips, or you may leave on overnight.
3. Days 2-6, avoid harsh cleansers, scrubs, Clarisonics (or any other scrubbing brushes), washcloths, Retin-A, hydroquinone, AHAs or Benzoyl Peroxide.
4. Pat skin dry, DO NOT RUB.
5. DO NOT PICK OR PULL THE SKIN, as scarring & hyperpigmentation (brown spots) can occur.
6. IF NEEDED, apply over-the-counter hydrocortisone cream over the treated areas to minimize redness, itching & irritation.
7. It is safe to wear makeup the same day of the peel depending on the level of the peel. Aggressive peels, avoid make-up for 3 days.
8. Avoid strenuous exercise (i.e. hot Yoga) with aggressive peels, as sweat gets trapped under the skin leaving little water bubbles.
9. Do not have any other procedure in the treatment area for at least 1 week after peel or until flaking stops. This includes waxing, microderms, facials, etc...
10. NOTE: Everyone WILL NOT experience peeling of their skin. HOWEVER, this is not an indication that the peel was ineffective. IF peeling does not occur, please know that you are still receiving all the benefits of the peel such as: collagen production, improvement of skin tone & texture, diminished fine lines & pigmentation.
11. Darker skin types will likely appear darker in the first 24-48 hours before peeling begins. The darkening is part of the peeling process and these areas may get dry, tight and crusty. Be patient and allow the peeling process to occur. Dark spots that a patient has prior to a chemical peel will require multiple treatments and also topical products that the patient should use at home. DO NOT expect total clearance after one peel.

**CALL THE OFFICE IMMEDIATELY IF YOU HAVE ANY QUESTIONS  
OR UNEXPECTED ISSUES AFTER THE PROCEDURE.**