



Chemical Peels Pre and Post Treatment Instructions

Pre-Treatment Instructions:

- Avoid sun exposure prior to treatment. Sunburned skin cannot be treated.
- Do not bleach, wax, tweeze or use depilatory creams in treatment area for 3 days prior to treatment
- Discontinue use of retinoid (Retin A, Tazorac, Differin, etc) and Hydroquinone products 3 days prior to treatment
- Discontinue use of 10% or higher Alpha Hydroxyl Acids, Glycolic Acids, and exfoliants 3 days prior to peel
- If you have a history of perioral herpes, advise office so you may begin prophylactic antiviral therapy the day before treatment
- Schedule your injection at a time when minor swelling or peeling will not disrupt your social obligations

Day of Treatment Instructions:

- Omit lotions, creams, make up or deodorant in area to be treated AND arrive with clean washed skin
- Inform provider of any changes in medical history and of all medications you are taking

Post- Treatment Instructions:

- Redness might be present (and last up to several hours) after peel
- Use Tylenol only as needed for any soreness
- Swelling might occur after treatment for 3-5 days
- Peeling will start 3-5 days after peel. Do not pick or scratch at treated skin but instead keep moisturized
- Eat fresh pineapple to optimize healing
- Avoid strenuous exercise or sweating for 24 hours
- Treat skin gently washing with a gentle cleanser, cool water, using hands only and pat dry no earlier than 4 hours after peel
- May use cool compress after 4 hours if excessive discomfort, burning, redness, or swelling
- Follow post peel instruction sheet with products if included in peel
- Avoid sun exposure if possible and use a minimum of SPF 30 daily and every 2 hours if outdoors
- **NOTE THAT EVERY ONE IS DIFFERENT IN THE RESULTS AS WELL AS THE POST TREATMENT RECOVERY PERIOD**