



Chemical Peel Pre / Post Care Instructions

Chemical Peel Pre-Care Instructions:

1. Stop the use of Retin-A (retinol) products or other exfoliants for 3 days prior to treatment, unless recommended by your Esthetician prior to treatment.
2. Stop use of all glycolic acid products 5 days prior to treatment.
3. No prolonged sun exposure or sun burns to the treatment area 72 hours prior to treatment.
4. Remember to wear a physical sunblock, SPF 30 or higher every day.
5. Avoid use of tanning beds – Avoid this at all times.
6. Let your Esthetician know if you have any allergies to medications or ingredients
7. No facial waxing for 7 days prior to treatment.
8. If you have a history of cold sores, begin prophylactic treatment with Valtrex or similar no later than the day of treatment.
9. Notify your Esthetician if you develop a cold sore, acne, open lesions in the area being treated, or experience any type of illness before your treatment.

Chemical Peel Post Care Instructions:

- Avoid direct sunlight for 5 days post treatment.
- Use a physical defense sunscreen of SPF 30 or higher at all times.
- Keep your skin well hydrated with a protective moisturizer recommended by your Esthetician.
- Avoid using retinols and glycolic acids for 10 days.
- Avoid using scrubs or exfoliating products for 7-10 days.
- You may resume usage of a vitamin C serum after 5 days.

What to expect post peel:

- Mild to moderate peeling depending on the depth of peel and number of layers applied. Peeling typically begins around day 3. Some individuals may not peel at all. Peeling is a side effect but it does not determine efficacy of the chemical peel.
- You may experience a purge in acne, this is not a breakout and typically recovers within a few days post treatment.
- Mild redness may occur for a few days post treatment. Cool compresses may be applied if needed.
- Do not peel or pick at the peeling skin. Allow skin to shed naturally, if at all
- To maximize chemical peels results, use the post procedure recommended by your Esthetician. Always apply a physical defense sunscreen in the morning, and moisturize both morning and night.

Your skin should be completely repaired within 7-10 days post treatment.

If you notice increased redness, swelling, increased Hyperpigmentation, or crusting, contact your Esthetician.

If you have any additional questions or concerns,

Please contact our office at 765-497-1655



General Information:

The amount of peeling each individual endures varies greatly depending of the following:

- The amount of damage on your skin.
- The maturity of your skin and the region treated.
- The intensity of the chemical peeling agent.
- How many other treatments and/or procedures you have had done prior to the chemical peel.
- Professional products you may be using that serve as a catalyst for the treatment.
(ex. Retin-A, Renova, Glyquin, Tri-Luma, lightening and bleaching products, etc.)
- Professional and medical procedures you may have been treated with that may serve as a catalyst for your chemical peeling treatment.
 - (Liquid nitrogen, chemical peels, microdermabrasion, enzyme peels, etc.)

If you have any additional questions or concerns,

Please contact our office at 765-497-1655