

Chemical Peel Instructions:

What to Expect:

Peeling may take anywhere from 7-10 days on average or longer. Slight redness and skin sensitivity and flaking can occur as your treatment eliminates dead surface skin cells. Each treatment may vary.

Your skin may take on a rough, patchy, darkened quality a few days after this treatment. This is normal and expected and it will resolve on its own. The first areas to peel are usually around the nose and mouth, but can begin anywhere. Most people begin peeling on the 3rd or 4th day after treatment. It is also possible to not peel at all. If this occurs, you will still benefit from the treatment because the skin has exfoliated microscopically.

Possible side effects include but are not limited to: mild to extreme redness, temporary tightness, itching, swelling, and dryness of the skin similar to a sunburn or windburn. This will usually subside in 2-3 days. Hydrocortisone may be recommended if this occurs.

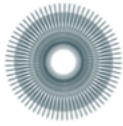
You may GENTLY apply a cold compress to the treated area(s) as needed for any burning or irritation associated with your treatment.

Make sure to avoid excessive heat on the treated area and direct sun exposure of any kind, as well as tanning beds and self-tanners to the treated areas for 4 weeks after treatment.

Do NOT engage in strenuous exercise for 2-3 days after treatment because it may exacerbate the inflammatory and can cause your skin to become extremely inflamed.

Try to avoid sweating until after you have stopped peeling to avoid lifting the skin prematurely, as this can cause scarring.

Do NOT use any acidic products such as retinoids or tretinoin, acne medication products such as Retin-A®, Tazorac®, Renova®, Atralin®, Ziana®, Veltin®, Differin®, the antibiotic Doxycycline, AHAs (lactic, glycolic, tartaric, etc.), BHAs (salicylic), benzoyl peroxide, vitamin C products, lightening agents such as



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hydroquinone or any exfoliative products including loofahs or coarse sponges to your skin for 2 weeks after your chemical peel, or more if you notice your skin becomes sensitive to application. These medications and products increase your photosensitivity, which can significantly increase the likelihood of complications.

Do NOT tweeze, pick, rub, exfoliate, wax, use a depilatory, undergo electrolysis, or schedule a facial or cosmetic service such as laser resurfacing, or IPL on a treated area(s) for 4 weeks after your treatment. To reduce the risk of scarring, you do not want to remove the dry, rough, dead skin faster than your body wants to.

Do NOT get your hair dyed until a week after you have finished peeling, if your treatment was performed on the face or neck. For most people, week 3 post-peel is the best time to have your hair color treated.

This procedure can stimulate cold sores. If you have an outbreak after your treatment, please call the office to inquire about obtaining a prescription.

Post Procedure Instructions

Clean skin with cool water with fingertips only (avoid any wash cloths or abrasive cleaning material). Use a gentle hypoallergenic cleanser, such as Cereve® or Cetaphil® for cleansing.

Ensure that the face is well moisturized with Aquafor applied for the first few days at least three times per day. Once the skin starts to peel, you can use a hypoallergenic moisturizer like Cerave® or Cetaphil® until the skin is no longer peeling and feels back to normal. Use these moisturizers at least 3 times per day.

Avoid excessive heat and sun exposure for 4 weeks after surgery. When outdoors, wear a large-brimmed hat and a pair of sunglasses. After the skin has peeled and healed, wear a physical sunblock sunscreen (containing zinc oxide or titanium dioxide).