

# Chemical Peel

## PRE | POST INSTRUCTIONS

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### CHEMICAL PEEL PRE-TREATMENT INSTRUCTIONS

- Discontinue any retinoid or retinol products, alpha/ beta hydroxyl & glycolic acids 5 - 7 days prior to treatment. Hydroquinone should be discontinued 2 – 3 days prior to peel treatment. These can be resumed 5 – 7 days after treatment once your skin has completely healed and is finished peeling.
- Accutane medication must be discontinued 1 months prior to treatment.
- Avoid abrasive scrubs 3 - 5 days prior and about a week after treatment.
- If you are prone to cold sores, a chemical peel may cause a break out; ask your doctor for a prophylactic treatment such as Valtrex or Acyclovir.
- Two weeks before your peel please avoid direct sun exposure, tanning beds, self-tanners, and spray tans.

### CHEMICAL PEEL POST CARE

A mild sunburn-like sensation is expected after your treatment. This usually lasts about 24 hours but can persist up to 48 hours. Mild swelling and/or redness may accompany this, and is usually resolved in a couple of days.

In some cases, prolonged redness and/or burning sensation may occur. Call our office if this occurs.

Following your chemical peel procedure active ingredients such as retinoid or retinol products, vitamin c, alpha/beta/ hydroxyl/glycolic acids and astringents on treated areas should still be discontinued until treated skin has completely healed. This usually takes about 5 – 7 days following your treatment.

Please use your post procedure products as instructed.

Treated areas may be temperature-sensitive. Cool water will offer relief. Avoid hot water.

Avoid aggressive scrubbing and use of exfoliants, loofa sponges and/or cleansing tools until the treatment areas have returned to its pre-treatment condition.

The first 72 hours please avoid all the following:

- Swimming, especially in pools with chemicals, such as chlorine
- Hot tubs and Jacuzzis
- Activities that cause excessive perspiration.
- Sun exposure to treated areas. Apply a broad-spectrum sunscreen with at least SPF 30, preferably higher.

If you have any questions at all, please do not hesitate to contact us at 701-530-8450.



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