

# Skin Chemical Peel

## PRE-PROCEDURE

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### What is Chemical Peel

A chemical peel is a skin-resurfacing procedure in which a chemical solution is applied to the skin to remove the top layers. The skin that grows back after a chemical peel is smoother and younger looking. Chemical peels are used to treat wrinkles, skin discoloration and scars — typically on the face. A chemical peel can be done alone or in combination with other cosmetic procedures. Chemical peels can be done at different depths — light, medium or deep — depending on your desired results. Each type of chemical peel uses a different chemical solution. Deeper chemical peels produce more-dramatic results, but also involve longer recovery times.

**In order to provide you with the best possible service, we ask that you carefully review these general pre-care treatment instructions for a chemical peel treatment so that you fully understand them. If you have any questions about these instructions, please discuss them with your esthetician prior to treatment.**

- Do not go to a tanning bed two weeks prior to treatment. This practice should be discontinued due to the increased risk of skin cancer and signs of aging.
- If you have open lesions, active cold sores, facial dermatitis or facial irruption you are not a good candidate for the peel till after it has completely healed
- It is recommended that extended sun exposure be avoided, especially in the 10 days prior to treatment.
- Do NOT use any acidic products or irritants to your skin, such as retinoids or tretinoin, acne medication products such as Retin-A®, Tazorac®, Renova®, Atralin®, Ziana®, Differin®, Veltin®, the antibiotic Doxycycline, AHAs (glycolic, lactic, tartaric, etc.), BHAs (salicylic), benzoyl peroxide, vitamin C products, lightening agents such as hydroquinone or any exfoliative products including loofahs or coarse sponges to your skin for 1 week prior to your chemical peel. These medications and products increase your photosensitivity, which can significantly increase the likelihood of complications.
- Avoid direct sun exposure of any kind as well as tanning beds and self-tanning to the planned treatment areas for 4 weeks prior to treatment.
- Do NOT tweeze, wax, use a depilatory, or undergo electrolysis in the areas you wish to have treated for 2 weeks before treatment.
- Do NOT apply any creams, lotions, aftershave, cologne, or perfumes the day of the appointment to the planned treatment area(s). Avoid shaving the treatment area the day of the appointment.

### Question?

If you have any question prior to treatment please discuss with your skincare therapist