

Skin Chemical Peel

AFTERCARE/ POST-CARE INSTRUCTIONS

Please follow the post-care instructions below, and notify your professional skin therapist if you have any concerns or adverse reactions.

- Moisturizer should be applied at least twice a day but can be applied more frequently for hydration and to decrease the appearance of flaking.
- After receiving a Skin Chemical Peel treatment, you should not necessarily expect to 'peel'. However, light flaking in a few localized areas for several days is typical. Most patients who undergo these treatments have residual redness for approximately one to twelve hours post-procedure.
- It is important to wear sunscreen at all times during daylight hours for at least 2 weeks after. Ultraviolet radiation also comes through the windows and from fluorescent lights, so wear sunscreen even if you are staying inside. Exposure to even small amounts of sunlight can cause brown discolored patches on the skin
- As with all peels and treatments, it is recommended that makeup not be applied the day of treatment, as it is ideal to allow the skin to stabilize and rest overnight; however, makeup may be applied 15 minutes after the treatment if desired.
- Wash the face gently with your fingertips and a mild cleanser (such as Dove) twice daily.
- Avoid direct sun exposure and excessive heat.
- Do not go to a tanning bed for at least two weeks post-procedure. This practice should be discontinued due to the increased risk of skin cancer and signs of aging.
- Do not pick at or peel the healing skin. This could cause excessive redness or scarring. The skin will slough off when it is ready. This could potentially cause hyperpigmentation.
- Do not wax or use any type of exfoliating products for 72 hours, or until your skin shows no signs of sensitivity on the treated area.
- If you experience painful areas of the face, contact your skin care therapist immediately, especially if you are prone to cold sores. Any blisters that form will need to be reported immediately.

Stay cool! Heating internally can cause hyperpigmentation.

- Do not put the treated area directly into a hot shower spray.
- Do not use hot tubs, steam rooms or saunas.
- Do not go swimming.
- Do not participate in activities that would cause excessive perspiration.
- Do not use loofahs or other means of mechanical exfoliation.
- Do not direct a hair dryer onto the treated area.
- Do not apply ice or ice water to the treated area.

Recommended products:

