



After Care Instructions for Chemical Peels

You have just enjoyed a light chemical peel treatment. Based on your individual skin type, visible flaking may or may not occur. It is normal to experience some redness which may feel like a mild sunburn.

First 24 Hours

- Do not go swimming, use a hot tub, sauna, steam room or hot shower.
- Avoid directing a hair dryer to the treated skin area.
- For best results, do not apply make-up. If make up is a must, we recommend mineral make-up.
- Refrain from activities that will raise your body temperature or cause excessive perspiration.

First 5 Days

- Do not use anti-aging products on your skin. These include: Retin-A, Renova, Alpha/Beta Hydroxy Acids, Vitamin C, Hydroquinone, Differin, Tazorac Avage and glycolic acid.
- Use only a mild cleanser on your skin. Pat your skin dry, do not rub.
- Refrain from the following types of treatments: electrolysis, dermal fillers, facial waxing or depilatories.

First Week

- It is very important not to pick any flaking skin. This could cause scarring or hyperpigmentation (darkening of the skin).
- Do not use buffing pads or any other mechanical exfoliation.

Two Weeks

- No laser treatments for 2 weeks.

One Month

- Do not use tanning beds
- Avoid unprotected sun exposure and always use a sunscreen with SPF 30 or higher.

To maintain healthy, beautiful skin we recommend a regular chemical peel schedule, in conjunction with a daily skin care regimen individualized to your skin type and specific skin care needs.

Suggest Skin Care Products

Please call our office at _____ if you have any questions or concerns.