

Chemical Peels – Pre & Post Instructions - 2019

Chemical Medical Peel Pre-Treatment Instructions

- ♥ If you are using or have used Accutane (acne medication) within the last 12 months, we cannot treat you without prior approval from our Medical Director.
- ♥ Do not engage in any exfoliating treatments such as microdermabrasion or dermablading for at least one month prior to treatment.
- ♥ Do not apply Retin-A, Tazorac, Renova, or Differin (also acne medication) two weeks before and two weeks after your treatment.
- ♥ Do not use any waxing or hair removal creams two weeks before treatment.
- ♥ Do not engage in any laser treatments 2 weeks prior and 2 weeks after your treatment.
- ♥ Do not engage in any tanning sessions or extreme sun exposure for at least one month before treatment.

Chemical Peels Should Be Avoided If The Patient Has Any of the Following:

- ♥ Active cold sores, herpes simplex or warts in the area to be treated.
- ♥ Wounded, sunburned or excessively sensitive skin.
- ♥ Accutane use within the last year.
- ♥ History of recent chemotherapy or radiation therapy.
- ♥ Allergies to aspirin.
- ♥ Women who are pregnant or actively breastfeeding.
- ♥ Patients with a history of autoimmune disease (such as rheumatoid arthritis, psoriasis, lupus, multiple sclerosis etc) or any condition that may weaken their immune system. Patients with Vitiligo.

What to Expect The Day of Your Treatment

- ♥ Your skin may be tender and red in the area of the chemical peel. This is normal immediately following a chemical peel. Use skincare products as instructed for the day of your chemical peel.
- ♥ Wear a mineral based sunscreen with zinc like ELTA each day following your peel.

What to Expect After Your Chemical Medical Peel

- ♥ Recovery times will vary based on the type and strength of the peel. Immediately after the peel, your skin will feel tight and may be red. Any visible peeling will be light and fluffy and easily controlled with moisturizer.
- ♥ Peeling usually lasts 3-5 days, depending on the actual peel treatment. Use of gentle cleanser, moisturizer and sunscreen is important, as it will enhance the healing process and results.
- ♥ Normal activity may be resumed after the peel, however strenuous exercise and heavy sweating should be avoided for 2-3 days.
- ♥ Sun exposure should be avoided while skin is peeling; exposure of treated skin to a lot of heat should also be avoided as it may induce swelling, redness and for deeper peels blisters under the skin.
- ♥ Peeling skin should be allowed to slough off naturally; picking or peeling of flaking skin is prohibited, as it may lead to scarring. Use of prescription topical creams should be avoided for 3-5 days post peel.
- ♥ The success of the peel should not be judged by the amount of peeling, but by the end results that the peel will produce. The amount of peeling may vary depending on individual skin condition at the time of the peel or the depth of the peel.
- ♥ Regardless of the degree of peeling, the skin is still sloughing off at an accelerated rate, resulting in the improvement of skin tone and texture and an improvement of fine lines and uneven pigmentation.