



Chemical Peel Pre Protocols

The treated area may have erythema, redness, dryness, peeling tightness. The treated area is delicate and should be treated with care.

- ❖ Before each appointment, let the technician know if there have been any changes in your medical history, medications or skin care products since consultation.
- ❖ NO bleaching, tweezing, plucking, waxing, threading, using depilatory creams or electrolysis for 2 weeks prior to your treatment as these can make the skin reactive.
- ❖ Do not exfoliate the day of peel. You may also be advised to stop using exfoliating creams and masks approximately three days prior to treatment.
- ❖ Please clean the treatment area before appointment, leave your skin FREE of cosmetics, lotions, creams, and perfume/colognes.
- ❖ No Accutane use within 12 months.
- ❖ Do not have unprotected sun exposure/sunburn, tanning beds, and sunless tanners 4 weeks prior to this treatment or future treatments. (No sunburn) Wear sunscreen every day.
- ❖ No shaving for 12 hours prior to treatment.
- ❖ No Facial surgery within 8 to 12 weeks.
- ❖ Ensure that you are not currently on antibiotics nor have been in the past 4 weeks. Understand treatments can not be done if you are on such medication.
- ❖ For this and future treatments you will stop using any active ingredients/photosensitive medications or products (such as Retinal, Hydroquinone or steroids) up to 7 to 10 days prior to the treatment. The reason for this is to avoid any chance of developing blisters. If you are not sure whether the medication you are taking is photosensitizing, please ask your prescribing physician prior to your appointment.
- ❖ Do not use fillers or Botox within 4 weeks of any treatments in the treatment area, for this or future treatments.
- ❖ You will not come for treatment at any time if you have had a peel, chemical or other, microdermabrasion, laser, or light therapy, in the past month. If you are not sure if your treatment will be a contradiction, please discuss with the technician.



Chemical Peel Post Protocols

The procedure may cause heat, swelling, redness, crusting, dryness, skin sensitivity, increased photosensitivity, itching, and peeling of the site. In the days after the peel, the skin may feel and look tight, with parchment paper like changes or darkening. Patients may have tightness and smoothness immediately post-peel.

- ❖ No exercise, body treatments, hot tub, sauna, steams, swimming pools, or massages until skin is back to normal for 72 hours post treatment. Shower with lukewarm/cool water only. Do not rub the treated area with a face cloth or towel. Pat the area dry so the skin is not disturbed. Avoid swimming and sports if bruising is present to reduce skin irritation and infection.
- ❖ DO wash twice a day with a gentle cleanser and liberally apply a gentle moisturizer after cleansing and throughout the day as needed to prevent dryness and formation of crust.
- ❖ Exfoliate on the 5th day with a gentle exfoliator if skin can tolerate it - not before.
- ❖ Avoid heavy makeup for 24 hours after treatment. If you must wear makeup: apply light makeup BUT apply it with a clean applicator or clean hands.
- ❖ Skin type 4 to 6 may experience darkening after peel due to increased shedding of the outer layers.
- ❖ Do NOT vigorously rub the skin and DO NOT pick/scratch at the flaking skin as this may cause scarring/hyperpigmentation.
- ❖ Please wait 7 days before resuming the use of active ingredient/photosensitive medications/products like Retin-a (tretinoin), Renova, Differin, Tazorac, Ziana, Veltin, Atralin, glycolic acids or any other exfoliating agents, even a Clarisonic Brush or any others with these as an active ingredient.
- ❖ Do NOT use fillers or Botox within 3 weeks post laser treatments in the treatment area.
- ❖ Do NOT have additional treatment such as peel, chemical or other, microdermabrasion, laser, or light therapy etc. for 4 weeks post treatment.
- ❖ NO bleaching, tweezing, plucking, waxing, threading, using depilatory creams or electrolysis for 4 weeks prior to your treatment. No shaving for 12 hours after treatment.
- ❖ Discomfort or stinging may be evident, but usually lasts no more than 24 hours. Cool packs may be applied during this period.
- ❖ You will need to avoid unprotected sun exposure/sunburn, tanning beds, and sunless tanners 4 weeks post treatment. SPF 30+ is mandatory before/after/during treatments to prevent burns and other complications.
- ❖ Avoid using topical acne medications for at least 3 days after treatment.
- ❖ Rebook - 3 to 6 treatments, 4 weeks apart.