



## Recommended Pre & Post Procedure Guidelines

### Chemical Peels

*In order to minimize the risk of possible side effects and complications please follow these simple steps:*

#### Pre-Treatment

- Avoid excessive sun exposure 4 weeks prior to treatment, during the intense heat of the day (10am - 3pm) no more than 30 minutes in the direct sun. Wear a wide brim hat along with sunblock with an SPF 30 or higher and ideally use one containing Zinc and/or Titanium. This is regardless of the outside weather conditions as UV rays remain present and powerful during the winter months.
- Avoid self-tanners (spray tans, tanning lotions & tanning beds).
- Schedule your appointment at least 2 weeks prior to a special event. Peeling and swelling may be apparent during that time period.
- Do NOT wear makeup on the day of the treatment.
- Discontinue use of topical products containing Retin A, Benzoyl Peroxide, Glycolic Acid, Exfoliators or Bleaching agents 3-4 days prior to each treatment.
- Avoiding waxing and laser treatments 2 weeks prior and post treatments.
- Let the provider know if you have a history of cold sores. An antiviral may be prescribed.
- You may NOT be pregnant or breastfeeding to have this treatment done.
- You may NOT have an active rash in the area being treated.

#### Post-Treatment

**Do NOT apply anything to your face until the next morning. No direct sun exposure for 4 weeks after peel.**

- Wash your face twice daily (AM & PM) with a gentle cleanser and tepid water.
- Apply a hydrating/calming product as needed to keep your skin hydrated and moist during the peeling process.
- Wear hats/avoid sun completely during active peeling process.
- Mineral based Makeup/SPF may be used *once the peeling is complete* (typically 7-10 days post).
- Do NOT PICK THE PEELING SKIN as this can cause Hyperpigmentation (use small scissors to cut off loose skin).
- Avoid hot tubs, saunas, hot baths/showers, as well as extreme cold/windy conditions for 48 hours.
- Discontinue all exfoliating products for 3 weeks following your treatment (scrubs, brushes, acids).
- Avoid any aloe-based products as these may cause unnecessary discomfort.
- Avoid strenuous exercise for 3-5 days.
- Try to sleep face up and slightly elevated if you experience swelling.