



PROCEDURE INSTRUCTIONS

Chemical Peels

BEFORE

- Discontinue any topical prescriptions or any products containing Retinol or Vitamin A or derivatives.
- Cease all exfoliants such as scrubs and glycolic acid.
- Avoid waxing, electrolysis, hair removal creams, and laser hair removal treatments.
- Avoid sun exposure and tanning beds.
- Do not receive Botox or dermal fillers a week prior to your treatment.
- Do not use any alpha hydroxy acid (AHA), beta hydroxy acid (BHA) and benzoyl peroxide.
- Inform your provider if you have been receiving Accutane in the last year.

AFTERCARE

The initial 72 hours post procedure are the most critical and clients should adhere to the following guidelines for healthy, radiant skin:

- Avoid direct sun and extremes of heat or cold (strenuous exercising, swimming, hot saunas, ice baths). ALWAYS wear sunscreen even on cloudy days.
- Discontinue use of any AHA products for 72 hours, or 6 weeks if doing a treatment cycle. You may continue your

regular skin care routine after 72 hours or when your skin is no longer flaking/peeling. Can use hydrating and reparative products such as antioxidants, Vitamins A, C and E, Natural Skin Lighteners and Growth Factors.

- No scratching, peeling or picking! This can potentially cause hyperpigmentation. Leave the skin to peel off naturally.
- Avoid using make-up in the first 24 hours
- Avoid using abrasive products such as scrubs or exfoliating sponges for 7 -10 days.
- Avoid products such as retinoids/retinol and glycolic acid for 10 days.
- It is recommended that other topical, over-the-counter medications, or alpha hydroxy acid products not be applied to the skin seven days post-procedure, as they may cause irritation.
- It is recommended to delay use of tretinoin or any retinol derivative for 7 days prior and 7 days post-procedure.

WHAT TO EXPECT

Slight peeling is normal for 3-5 days. There might be mild itching, irritation, redness, and increased sensitivity. Small whiteheads sometimes develop but subside within a week. Crusting is rare; however if it does occur, a thin layer of over-the-counter antibiotic ointment such as Polysporin can be applied 2-3 times a day for 3 days. Hyperpigmentation, darkening of the skin color, can occur in some skin types.

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