



CHEMICAL PEEL INFORMATION SHEET

PRE-PEEL

- Avoid extensive sun exposure.
- One week prior to the peel stop using any retinoids (retin-A, tazorac, tretinoin), waxing, depilatories, electrolysis, masques, loofahs, hair dyeing, perms, straightening, other resurfacing treatments
- If you have a history of herpes simplex (cold sores) you must be on preventative medicine as the peel procedure can induce an outbreak.

DURING

- Your skin will be prepared with a variety of cleansers and astringents by the nurse or medical assistant
- The doctor will apply the chemical to your face or body parts as indicated
- You will experience a moderate burning sensation for 1-5 minutes until the acid is neutralized with water
- With some peels the skin will be “frosted” or slightly white for up to two hours following the procedure (usually only lasts 10-15 minutes followed by a mild “blush”).

AFTER

- Cleanse your skin very gently twice daily with a mild cleanser (SkinCeuticals Gentle Cleanser) and pat dry with a soft towel. Do not use a washcloth to rub skin.
- The skin will begin to tighten and may turn brown (dead skin turns dark) on the second day. Within 3-5 days, the skin may begin to visibly peel. If peeling occurs, it may last for 7-10 days.
- While you are peeling we suggest the use of Vaseline, Aquaphor, or SkinCeuticals Epidermal Repair. These ointments can be applied as often as needed but must be applied at least 2-3 times a day. Remember it is important to keep the skin moist while you are peeling.
- Avoid the use of active skin products (Vitamin C, glycolic acid, retin-A) while you are peeling. Resume your normal routine after peeling has subsided
- Avoid rubbing or scratching the skin and do not attempt to assist the peeling process by pulling of the skin with your fingers or tweezers. This only prolongs the final healing process.
- Make-up can be applied when peeling is complete
- Completely avoid sun exposure while you are peeling. A sun block should always be worn. We recommend EltaMD or SkinCeuticals brands.
- Schedule a follow-up appointment 4-6 weeks following the procedure
- Your provider will send you home with some post skincare samples if you need.