

## **CHEMICAL PEEL AFTERCARE INSTRUCTIONS SHEET**

- Most patients will have minor redness for 12 hours. Peeling or flaking usually occurs after 3-5 days. Some patients do not peel or flake and a higher strength can be used next visit. The treatment still has therapeutic effects even in the absence of peeling.
- A chemical peel temporarily makes your skin more dry and sensitive. Your normal skin care products may cause irritation after the peel. Until your skin returns to normal apply a thick, hypoallergenic moisturizer as frequently as needed and use a gentle cleanser (see recommendations below or ask our staff for further details).
- **DO NOT APPLY ANY PRESCRIPTION TOPICAL MEDICINES, BLEACHING CREAM OR PRESCRIPTION FACE WASHES UNTIL REDNESS AND PEELING HAS RESOLVED** as they may irritate treated skin. Oral medicines may be continued without interruption. Discontinue any retinoid medicines (Tazorac, Retin A, Differin, Bleaching cream, Ziana, Veltin, Epiduo) 3-4 days before your next chemical peel.
- Do not apply makeup the day of the treatment if possible.
- For the next two (2) days: avoid direct exposure to heat and sun, do not pick and pull loosening skin, no facial waxing or depilatory creams, do not go swimming, no Jacuzzi, steam room or sauna. Do not use buff puffs or other means of exfoliation.

### **RECOMMENDED PRODUCTS (AVAILABLE AT THE CHECK OUT DESK)**

ELTA MD FACIAL CLEANSER,  AVENE POST PROCEDURE KIT NON ABLATIVE, OR THE  CICALFATE POST PROCEDURE

### **SUNSCREEN W/SPF 30 OR >**

ELTA UV DAILY BROAD SPECTRUM SPF 40 (RECOMMENDED FOR POST PROCEDURE)