

PRE & POST TREATMENT INSTRUCTIONS

CHEMICAL PEEL

Pre-Treatment Instructions:

- Please be advised if you are pregnant or lactating, consult with your OB/GYN to see if this treatment is right for you.
- Please avoid tanning beds 2 weeks prior to treatment. Also be advised that tanning beds contribute to skin cancer and should not be a part of daily use.
- Please avoid extended periods of sun exposure such as: sitting out in the sun without any source of sun protection, sports, tropical vacation, no use of sunscreen.
- Delay use of strong AHA, BHA, Retinoids, Renova, Differin, Tazorac, Avago, EpiDuo, Ziana, Accutane approximately 5-7 days prior to treatment.
- With a chemical peel, there is little to no downtime. You may notice some slight redness, tightening, peeling, flaking and temporary dryness which is all normal.
- Expect moderate redness and heavier exfoliation up to 7 days. Please use tinted sunscreen of SPF 30 or greater within this time frame as the iron pigment helps to absorb the UV rays before they hit your skin.

Post-Treatment Instructions:

- Avoid hot tubs, steam rooms or direct hot water on the face.
- Avoid ice, mechanical exfoliation (i.e use of loofas, battery powered/rechargeable exfoliation brushes).
- Avoid swimming or excessive sweating (such as vigorous exercise).
- Avoid tanning beds or the use of AHA, BHA, Retinoids, Renova, Differin, Tazorac, Avago, EpiDuo, Ziana, Accutane.
- Refrain from picking any flaking skin.
- Apply sunscreen of SPF 30 or greater.
- Avoid applying make-up for 12 hours.

The information provided is for educational purposes only. Patients will be given the opportunity to have questions answered during their consultation before the procedure and will be advised of adverse reactions and alternative treatment options. It is the patients responsibility to adhere to pre-prep/post-prep instructions. For more assistance you can call us or visit your nearest Emergency Room for emergency situations.



LIFESTYLE & AESTHETIC MEDICINE

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