



Chemical Peel Post Treatment Instructions

- Wash your face twice daily with a gentle cleanser and apply moisturizer frequently to prevent dryness and crusting. Avoid rubbing or picking at the skin to prevent scarring. Always wear sunscreen (SPF 30 or higher) to protect from sun exposure, even while driving, and avoid tanning beds.
- For 4 weeks, refrain from laser treatments, waxing, depilatories, or microdermabrasion. Avoid exercise for 3-5 days post-treatment. Wait 7 days before resuming Retin-A, tretinoin, Differin, or any exfoliating acids such as glycolic, lactic, mandelic, etc.
- Avoid hot showers, saunas, or hot tubs for 7 days post peel. Complete any prescribed antiviral medication course if given.

The procedure may cause redness, crusting, dryness, skin sensitivity, itchiness, and peeling of the site which could last for 1-2 weeks. In the days after the peel, the skin may feel and look tight, with parchment-paper like changes or darkening. These are expected reactions.

Post-Peel Recommended Products:

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| • Ultra Gentle Cleanser by Face Reality | • Any SPF from EltaMD |
| • Cran-Peptide Moisturizer by Face Reality | • Skin Recovery Serum by EltaMD |
| • ClearDerma by Face Reality | • HA5 Hydra Collagen by Skinmedica |