



## **Chemical Peel**

**Contact our office with any questions or concerns at 210-245-4050**

### **Pre Treatment Instructions**

- Stop all skin resurfacing products 3 days prior to chemical peel, unless otherwise instructed by your provider or aesthetician
  - *Ex: retin-A, retinol, differin, tazorac, glycolic acid, harsh scrubs or exfoliating products, bleaching creams, etc.*
- Avoid excessive sun exposure for a period of 2 weeks prior to treatment
- Arrive to your appointment with clean, makeup-free skin if possible

### **Post Treatment Instructions**

- Avoid makeup for 24 hours
- Avoid any activity that induces sweat or heat to the skin for 24 hours
- Avoid any skin resurfacing products for a minimum of 3 days after treatment, unless otherwise instructed by your provider or aesthetician
- Avoid picking and pulling at the shedding skin, as this can cause scarring and hyperpigmentation
- Avoid excessive sun exposure for 2 weeks after treatment
  - Re-apply your sunscreen of at least a 30 SPF every 2 hours if you will be having incidental sun exposure such as driving, walking, etc.
- You will receive a take-home post treatment kit with instructions on the day of your appointment
  - Follow instructions as directed by your provider or aesthetician
- To cleanse, use only your fingertips in a gentle, circular motion and pat dry
- Resume regular skin care regimen as prescribed by your provider or aesthetician once your skin has completely healed (~7 days)