

CHEMICAL PEELS

Pre-Treatment Instructions:

- 3 DAYS BEFORE treatment: AVOID topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, Salicylic Acid, or other “anti-aging”, “acne”, and “bleaching” products. Also AVOID waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.
- Inform your provider if you have a history of Facial and/or Nasal Herpes to receive advice on antiviral therapy prior to treatment.
- Do not have a chemical peel if you are pregnant, breastfeeding, or allergic to any of its ingredients. Please inform your provider if you have any questions about this prior to the treatment.

Day of Treatment:

- Try to arrive to the office with a “clean face”. Please do not wear makeup, if possible.

Immediately After Treatment:

- Following your visit:

-If receiving the peel in the AM: You should leave the peel on all day. Wash your face with a mild cleanser (i.e. Elta Facial Cleanser or Vanicream gentle cleanser) that night.

-If receiving the peel in the PM: You should leave the peel on overnight. Wash it off the following morning, using only your hands (no washcloth, loofah, brush, etc.).

**If you experience extreme discomfort, you may wash the peel off prematurely; however, you may lose some or all of the effectiveness of the peel.*

- DO NOT rinse or wash the face or use any skin care products during this *leave-on* period.
- **•AVOID UV exposure.**
- You may experience some tenderness of the face that can last for a few hours or a few days.
- Redness and swelling are normal.
- AVOID exercise or strenuous activities (with the exception of light walking) for the first 24 to 48 hours following treatment.

Please see reverse side of page.

The Next Day After Treatment (the start of the peeling process):

- Wash face with a gentle cleanser (i.e. Elta Facial Cleanser or Vanicream gentle cleanser) using your hands only.
- AVOID using a Clarisonic® or any facial brushes or devices for a minimum of 5 to 7 days.
- Gently pat dry skin.
- Apply a sunscreen with an SPF of 45 or higher and a barrier cream (i.e. Elta UV Clear/PM/Barrier Renewal or TNS Ceramide) as recommended by your provider to protect, soothe and hydrate the skin. Apply as often as needed for comfort.
- You may apply makeup once skin has stopped aggressively peeling.
- By the 3rd and 4th day, the peeling will be the heaviest.
- Do not pick or pull on the skin. Let the skin shed at its own rate.
- After this peeling phase, your skin may look or feel like a mild sunburn for the next 2 to 3 days.
- Up to one week, mild to moderate flaking will occur.
- Avoid glycolic acids, Vitamin C, scrubs, Tretinoin (Retin-A), and Retinol creams for 7 to 10 days.
- Avoid sun exposure and sun lamps.
- Wait a minimum of 3 to 4 weeks (or as directed by your provider) before receiving any additional skin care or laser treatments.

Call the office at SF: 415-202-1540 | CM: 415-924-2055 if you have questions or concerns.