

Post Chemical Peel Care Instructions

After receiving your chemical peel, you may experience some light flaking in a few localized areas for up to 7 days and slight redness for 1 to 12 hours. Although you may or may not actually “peel” during the first 1 or 2 treatments, you will probably experience slight exfoliation and your skin will feel tight and pulled.

-Do NOT wet or wash your face or do anything that would cause you to sweat for at least 8 hours after receiving a chemical peel.

-When you do cleanse your face 8 hours after your treatment, ONLY use a gentle cleanser recommended by your provider.

-Do not apply any medications following your treatment which are not recommended by your esthetician, including AHA products.

-It is ideal to let your skin stabilize and rest overnight, but makeup (especially mineral) may be applied following the treatment, if necessary.

-Avoid direct sun exposure, excessive heat and sweating. Use your daily sunscreen protection and reapply every 2 hours if outside.

-Do not pick at or pull on any loosening or exfoliating skin. This could potentially cause hyperpigmentation.

-Discontinue the use of all Vitamin A products (Retin-A, Retinol, Differin, etc.) for 3-5 days before and 7 days after the treatment.

-Do not have laser, electrolysis, facial waxing or use depilatories for approximately 7-10 days after the treatment.

-Do not use scrubs, cleansing brushes, peel pads or any other means of exfoliation for 7 days after the treatment.

-Do not schedule any other skincare treatments until your esthetician advises you to do so.

For 3 Days Following

-Do not put your face directly into a hot shower spray, take hot baths, use hot tubs, Jacuzzis, steam rooms or saunas.

-Do not go swimming or participate in sports or activities that would cause excessive perspiration.