

Pre and Post Chemical Peel Instructions

Pre-Chemical Peel

- Do NOT stop any retinoids such as Tazorac, Retin-A, Renova, Differin, Veltin, Atralin or Ziana unless instructed by your physician.
- If you have a history of cold sores, please DO let the nurse or physician know.

Post Chemical Peel

- DO wash twice a day with a gentle cleanser and liberally apply a bland moisturizer after cleansing and throughout the day as needed to prevent dryness and formation of crust (Aquaphor, Cetaphil, CeraVe).
- Do NOT vigorously rub the skin and DO NOT pick at the flaking skin as this may cause scarring.
- Sun protection is critical. You should NOT have any sun exposure; wear a broad spectrum sunscreen with a minimum of SPF 30. This includes driving to work. Obviously, do not use a tanning salon.
- AVOID laser treatments, waxing, the use of depilatories, or microdermabrasion for 3 weeks.
- DO wait 7 days before resuming the use of Retin-a (tretinoin), Renova, Differin, Tazorac, Ziana, Veltin, Atralin, glycolic acids or any other exfoliating agents such as a Clarisonic Brush.
- AVOID swimming, sauna, or whirlpool use for at least 7 days after the peel.
- If you were instructed to take an antiviral medication, DO complete the prescribed course.
- Consider scheduling a complimentary "Hydration Appointment" around day 4 or 5 if desired, but this is not mandatory.
- The procedure may cause swelling, redness, crusting, dryness, skin sensitivity, itching, 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.

We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.