

## Post-Peel Instructions for Light Chemical Peels

1. Immediately after the peel and up to 24 hours:

Skin may be tight and more red than usual. Skin may feel tacky and have a yellow to orange tinge. This is temporary and will fade in a few hours. Wait until bedtime before washing your face. **Start applying moisturizer after washing your face at bedtime the same night of the peel.** Avoid strenuous exercise starting the day of procedure and while the skin is peeling.

2. 24 hours after the peel and until the peeling is complete:

Skin may be tight until it starts to peel. Peeling will generally start between 48-72 hours after the procedure, and can last 2 to 5 days. For the first 48 hours, or before the skin starts to peel/flake, moisturizer can be applied twice a day. When the skin is peeling, moisturizer should be re-applied more frequently to control the peeling. **DO NOT PICK OR PULL THE SKIN.** Allow skin to peel at its own pace. **Premature peeling of the skin will result in dry, cracked, raw skin that may develop into post-inflammatory hyperpigmentation.**

3. After the peeling is complete:

You may resume the regular use of retinol, alpha-hydroxy acid (AHA) products or bleaching creams **ONLY** after the peeling process is completed. Wait until peeling has completed before having **ANY OTHER FACIAL PROCEDURES** including facials, microdermabrasions, facial hair removal (including laser hair removal), injections or injectable fillers.

4. Post-peel skin care regimen:

**Cleanse:** Use a gentle, soap-free cleanser. Wash the face gently and **avoid rubbing the skin.** Do not use a facial cleansing device (ie, Clarisonic) until the peeling process is complete. Do not scrub or use a washcloth while the skin is peeling.

**Moisturize:** While skin is peeling, apply moisturizer as often as needed to relieve any dryness and control peeling. Apply all topical skin care products gently and **avoid rubbing the skin.**

**Sun Protection:** Apply a mineral SPF in the morning and throughout the day. **AVOID** direct sunlight for at least one week.

5. Series of peels: Light chemical peels can be done every 4-6 weeks until desired results are achieved. Results are cumulative and maximum benefits are seen with a series of three or more peels.

6. Contact the office immediately if you are experiencing reactions after your peel, such as:

- Moderate to severe swelling, burning or redness
- Itching that does not subside or resolve after applying moisturizer
- Rash-like skin appearance
- Pain

## **Post-Peel Instructions for Medium Depth Chemical Peels**

1. It is important to "stay cool" for 72-96 hours and avoid activities that will raise your internal body temperature (ie, exercising, baking, cooking over a hot stove, saunas, hot or alcoholic beverages, etc). Failing to adhere to these instructions may result in blistering that can lead to hyperpigmentation.

2. It is not uncommon to have mild swelling especially around the eyes. This can be mitigated by taking Ibuprofen, applying a cool compress to the face, and sleeping with your head slightly elevated. Discomfort typically subsides in 24-48 hours.

3. Itchiness is normal following treatment. Your provider will give you a topical cream containing hydrocortisone which can be applied every 2 hours to alleviate itchiness. An over-the-counter antihistamine like Claritin or Allegra can also be taken for 2-3 days. Extreme itching may be a sign of an allergic reaction and should be communicated immediately to your provider.

4. Follow instructions in your post-peel skincare kit for the first week.

5. Regular skincare products can be resumed once peeling has stopped.