



## **Pre / Post – treatment care instructions**

### **CHEMICAL PEEL**

#### **Pre-treatment care instructions**

- Do not use Accutane (acne medicine) for several months before the treatment
- Do not engage in any exfoliating treatments for the least one month prior to treatment
- Do not apply Retin-A, Tazorac, Renova, or Differin (also acne medicine) two weeks before and two weeks after your treatment
- Do not use any waxing or hair removal creams two weeks before your treatment
- Do not engage in any laser treatments one month prior and one month after your treatment
- Do not engage in any tanning sessions one month before treatment.

#### **Tell your Chemical Peel clinician if:**

- You have used Acutane recently
- You have had any recent facial surgery or radiation
- A herpes infection in the therapy area
- Any allergies to medication
- A suppressed immune system

#### **Day of the Chemical Peel treatment**

Your skin may be a little tender and red. This is normal. Use skin care products as instructed the day of your chemical peel.

#### **Day after your Chemical Peel**

Continue to use products as instructed the day after your chemical peel. Your skin may become drier, and your lines may begin to look worse as the skin prepares to peel. This is normal so don't be alarmed. Be sure to wear a moisturizer and sunscreen as recommended by your aesthetician.

#### **Day three after the Chemical Peel**

The skin will be very dry and your lines and dark spots, if you have any, will look worse as it begins to peel. The area around your mouth is the first area to flake. Be sure to moisturize at least 2 times throughout the day. Generously apply moisturizer and sunscreen. If you cannot tolerate your routine, contact your aesthetician.

Be gentle with your skin. Do not exfoliate, as this will sometimes cause a second "peeling."

**REMEMBER YOUR SUN SCREEN EVERY DAY!** Consult your aesthetician if you have any questions or concerns.