

# CHEMICAL PEEL

## POST-CARE INSTRUCTIONS

- Do not wash the face or treatment area for 5 hours post-treatment.
- Avoid working out and or sweating for at least 24 hours post treatment.
- Gently cleanse your face twice daily with a gentle cleanser.
- Please do not pick or pull your skin after you start sloughing, as this can lead to scarring.
- Your skin will take anywhere from 4-14 days to completely peel, depending on the strength of the peel, the number of peel passes performed during treatment, and how prepped your skin was prior to the peel.
- Chemical peels on the neck, chest, and other areas of the body can take up to 3 weeks to fully heal.
- No exfoliating, cleansing facial brushes, facial scrubs, or acid based products for 1-2 weeks post treatment.
- Wait 1-2 weeks before resuming your normal skin care routine, including use of Tretinoin, Retinols, or topical AHA/glycolic acids.
- Keep your skin well hydrated, drink at least (4) 8-ounce glasses of water per day, and apply a lightweight topical moisturizer.
- Refrain from waxing, tanning, and lasers for 3-4 weeks post-chemical peel treatment.
- If your skin becomes extremely dry and or itchy, apply topical 1% hydrocortisone cream 1-2x daily.
- Use an SPF of at least 30 daily and reapply every 2 hours if outdoors during peak hours of the day.
- If you have blistering, severe reactions, or other questions/concerns, please do not hesitate to call or text Skinnovations.