

CHEMICAL PEEL POST TREATMENT INSTRUCTIONS

1. A mild sunburn-like sensation is expected. This usually lasts 15 minutes to 4 hours but can persist up to 72 hours (individuals may vary). Mild swelling, tenderness and/or redness may accompany this, but it usually resolves in 2-3 days.
2. Make sure you have a gentle cleanser, SPF 30 sunblock and a quality moisturizer to use for several days after your peel. Once the skin looks and feels back to normal and has resolved from any flaking/peeling, you can restart your glycolic, alpha-hydroxy acid, Retin-A or Differin creams. Wait one week before using any exfoliating scrubs.
3. If tender, apply ice/gel packs to the treated area for 10-15 minutes every hour for the next four hours as needed. For mild reactions, a topical herbal anti-inflammatory Florosone (Health Food store) can be used. For more intense reactions, an oral, non-steroidal anti-inflammatory, such as acetaminophen or ibuprofen may be taken to reduce discomfort. Use according to the manufacturer's instructions.
4. In rare cases, prolonged redness or blistering may occur. An antibiotic ointment (Polysporin, Bacitracin) may be applied to the affected areas twice a day until healed or Herbal Ed's Salve (Health Food store) can be used. Please call and let us know if this, or an outbreak of cold sores, occurs.
5. Bathe or shower as usual. Treated areas may be temperature-sensitive. Cool showers or baths will offer relief. Avoid scrubbing, use of exfoliants, scrub brushes and loofah sponges until the treatment area has returned to its pre-treatment condition.
6. Do not pick or remove scabs or crusting should they appear. Allow them to flake off on their own.

Until the redness/peeling has completely resolved, avoid all of the following:

- Applying heavy cosmetics to the treated area
- Swimming, especially in pools with chemicals, such as chlorine
- Ocean swimming and Hot Tubs/Jacuzzis
- Excessive perspiration or irritation to the treated area
- Sun exposure to the treated areas – to prevent skin color change

Please do not hesitate to call our office if you have questions or concerns.