

Chemical Peel Aftercare

What to Expect Post Treatment

- Immediately after treatment, patients will experience a slight tingling sensation that will resolve quickly.
- Your skin may feel tight and dry.
- Skin will begin flaking 24-36 hours post-treatment and continue for up to 7 days.
- Skin peeling will be more significant with level to and TCA peel as they are stronger.

How to Care for Your Skin

- Do not wash your face until the following day using a gentle cleanser.
- The following day you may resume your normal skincare routine.
- Extra moisturizer may be applied throughout the day if need
- Use sunscreen SPF 30 or higher at all times throughout the treatment course when going outside.

What to Avoid

- Avoid makeup application for a minimum of 24 hours
- Avoid direct sun exposure and tanning beds throughout the treatment course so as to reduce the chance of adverse reactions like hyperpigmentation or hypopigmentation.
- Avoid picking or scratching the flaking skin to achieve your best results.
- Avoid aerobic exercise or vigorous physical activity should be avoided for the first 24 hours.
- Avoid waxing in the treatment area for a minimum of 14 days post.
- Avoid Retin-A, retinol, glycolic acid, or exfoliation products during or until 7 days after the peel has completed.
- If you experience painful areas of the face, contact your skin care therapist immediately, especially if you are prone to cold sores. Any blisters that form will need to be reported immediately.

