



Chemical Peel Pre & Post Treatment Guidelines

PRE-TREATMENT GUIDELINES

- Avoid unprotected sun exposure; this includes tanning beds 14 days prior to treatment. If you have had UV exposure or are experiencing any type of sunburn, the treatment will be rescheduled.
- Avoid retinol/tretinoin and hydroquinone products for 7 days prior to treatment.
- Inform us if you are currently taking Accutane or have taken Accutane within the past 6 months.
- Avoid waxing for 72 hours prior to treatment.
- Avoid other laser treatments and chemical peels on treatment area for 7 days prior to scheduled appointment.
- Inform us if you are prone to cold sores. You may be given a prescription for Valtrex (antiviral) to be taken prior to treatment.

DAY OF YOUR TREATMENT

- Please arrive without creams, oils, serums, makeup, or sunscreen on the treatment area.
- Pre-treatment photos will be taken if not already taken during your consultation.

WHAT TO EXPECT

- Face will be cleansed and prepped. Barrier cream or ointment will be applied to sensitive areas such as lips, corners of mouth, nose and earlobes to provide extra protection. Eye shields will be placed. Chemical solution will be applied to skin. Depending on treatment, multiple layers of the chemical peel may be applied. Once the peel is applied and begins drying, you may feel a burning, tingling, tightness and/or flushed sensation. The amount of burning or tingling will vary based on the depth of the peel. If you have discomfort, a fan can be used to cool the skin. Once the solution has been left on skin for appropriate amount of time, a neutralizer may be applied, and peel may be removed depending on type of peel.

POST-TREATMENT GUIDELINES

- Peeling will typically occur on the 3rd or 4th day after treatment.
 - PLEASE NOTE: it is also possible to not peel at all. If this occurs, you will still benefit from the treatment; the amount of peeling does not determine the efficacy of the peel.
- Avoid unprotected sun exposure and tanning beds, as well as self-tanning products for at least 14 days. Always use daily sunscreen with a minimum of SPF 30.
- You may use a mild cleanser and cool water to wash your face over the next 7 days. It is also important to keep your skin hydrated to create an optimal healing environment for your skin.
- DO NOT tweeze, pick, rub scratch or exfoliate treated area. This could cause an increased risk of scarring.
- Avoid any additional treatments (such as laser treatments, microblading, facials, etc.) on the treated area 14 days post treatments.
- Please call aFresh Med Spa and Plastic Surgery with any questions or concerns.