

CHEMICAL PEEL PRE & POST CARE INSTRUCTIONS

BEFORE YOUR PEEL

- Stop any retinoids such as Tazorac, Retin-A, Renova, Differin, Veltin, Atralin or Ziana 2 weeks prior to your peel unless otherwise indicated by your physician.
- If you have a history of cold sores, please let the physician know.

AFTER YOUR PEEL

- DO wash twice a day with a gentle cleanser and liberally apply a bland moisturizer after cleansing and throughout the day as needed to prevent dryness and formation of crust (Aquaphor, Cetaphil, CeraVe, Alastin Restorative Nectar).
- Do NOT vigorously rub the skin and DO NOT pick at the flaking skin as this may cause scarring.
- Sun protection is critical. You should NOT have any sun exposure; wear a broad-spectrum sunscreen with a minimum of SPF 30. This includes driving to work. Obviously, do not use a tanning salon.
- AVOID laser treatments, waxing, the use of depilatories, or microdermabrasion for 3 weeks.
- DO wait 7 days before resuming the use of Retin-a (tretinoin), Renova, Differin, Tazorac, Ziana, Veltin, Atralin, glycolic acids or any other exfoliating agents such as a Clarisonic Brush.
- AVOID swimming, sauna, or whirlpool use for at least 7 days after the peel.
- If you were instructed to take an antiviral medication, DO complete the prescribed course.
- The procedure may cause swelling, redness, crusting, dryness, skin sensitivity, itching, and peeling of the site which could last for 1-2 weeks. In the days after the peel, the skin may feel and look tight, with parchment-paper like changes or darkening. These are expected reactions.

If you have any questions or concerns, please call the office at 203-635-0770.