

# CHEMICAL PEEL

A chemical peel is a cosmetic treatment that exfoliates the skin using a specialized solution, promoting the growth of new, healthier skin cells. This procedure can help reduce the appearance of fine lines, wrinkles, acne scars, and uneven skin tone. While chemical peels are generally safe, following proper post-care instructions is crucial to achieving the best results and minimizing potential complications.

## PRE-CHEMICAL PEEL INSTRUCTIONS

TO BEST PREPARE FOR YOUR TREATMENT, PLEASE DO THE FOLLOWING:

- 1. Consultation Confirmation:** Ensure your skin type and treatment goals have been assessed during your consultation.
- 2. Sun Protection:** Avoid direct sun exposure for at least two weeks before the peel. Apply broad-spectrum SPF 30 or higher daily.
- 3. Discontinue Certain Skincare Products:** Stop using retinoids, retinol, exfoliants, AHAs, BHAs, and Vitamin C products 5-7 days prior to the peel. If using prescription skincare, consult your provider about when to discontinue.
- 4. Avoid Hair Removal:** Refrain from waxing, threading, or using depilatory creams on the treatment area for one week before the procedure.
- 5. Avoid Certain Treatments:** Do not undergo laser treatments, microdermabrasion, or other facial procedures on the area to be treated for at least one week before the peel.
- 6. Hydration:** Keep your skin well-moisturized in the days leading up to the peel.
- 7. Health Disclosure:** Inform your provider of any recent illness, fever, or infections. Disclose any medications, especially oral isotretinoin (Accutane), which should be discontinued for at least six months before the peel.
- 8. Allergies:** Notify your provider of any known allergies, especially to ingredients in the peel solution.
- 9. Pregnancy and Nursing:** Inform your provider if you are pregnant, planning to become pregnant, or are nursing, as certain peels may not be suitable.
- 10. Follow Provider's Specific Instructions:** Adhere to any additional or personalized instructions provided by your aesthetic provider.
- 11. Plan for Post-Peel Care:** Arrange your schedule to allow for proper post-peel recovery and follow-up appointments.

# CHEMICAL PEEL TREATMENT











## WHAT TO EXPECT

- **Cleansing:** The provider will first cleanse your skin to remove any dirt, oil, and makeup.
- **Application of the Peel:** The chemical solution will be applied evenly to your skin. Depending on the type and strength of the peel, this may be done with a brush, cotton pad, gauze, or applicator.
- **Sensation:** You may feel a tingling, stinging, or mild burning sensation as the chemical solution begins to work on your skin. The intensity of this sensation depends on the depth of the peel. A fan or cool compress may be used to alleviate discomfort.
- **Duration:** The peel solution will be left on your skin for a specific amount of time, typically ranging from a few minutes to longer, depending on the type of peel.
- **Neutralization (for certain peels):** For some peels, a neutralizing solution will be applied to stop the chemical reaction and soothe the skin. Other peels are self-neutralizing and do not require this step.
- **Cooling and Soothing:** After the peel is neutralized (if applicable), your provider may apply a cooling or soothing product to your skin to help calm any irritation and hydrate your skin.
- **Completion:** The procedure typically concludes with the application of sunscreen to protect your skin, as it will be more sensitive to UV exposure.
- **Immediate Post-Treatment:** After the peel, your skin may appear red, tight, or slightly swollen. These effects are temporary and will subside over time.

These sensations and effects are normal and part of the chemical peel process. Your provider will give you post-care instructions to follow for optimal recovery.

# POST-CHEMICAL PEEL INSTRUCTIONS

## POST-CHEMICAL PEEL RECOMMENDATIONS INCLUDE:

-  **Immediately After the Peel:** Your skin may feel tight, dry, and sensitive—this is normal. Redness and slight swelling may occur, typically subsiding within a few hours to a couple of days.
-  **Avoid Touching Your Face:** Do not touch, pick, or scratch the treated area. Allow any naturally flaking skin to slough off on its own.
-  **Cleanse Gently:** Use a gentle, non-abrasive cleanser. Wash your face with lukewarm water and pat your skin dry with a soft towel—do not rub.
-  **Moisturize:** Apply a gentle, hydrating moisturizer as recommended by your provider. Keep your skin well-moisturized to support the healing process.
-  **Sun Protection:** Avoid direct sun exposure for at least 1-2 weeks. Apply a broad-spectrum sunscreen with SPF 30 or higher daily, even indoors, and wear a wide-brimmed hat when going outside.
-  **Avoid Makeup:** Refrain from applying makeup for at least 24-48 hours post-treatment. When resuming makeup, choose non-comedogenic and fragrance-free products.
-  **Avoid Sweating:** Avoid strenuous exercise, saunas, and hot showers for 48 hours. Excessive sweating can irritate the skin.
-  **Avoid Exfoliating Products:** Do not use exfoliating scrubs, retinoids, or acids (e.g., AHA, BHA) for at least one week or as directed by your provider.
-  **Follow-Up:** Schedule a follow-up appointment if recommended. Contact your provider if you experience severe redness, blistering, or signs of infection.
-  **Stay Hydrated:** Drink plenty of water to keep your skin hydrated from the inside out.

**Important Note:** If you experience any unusual symptoms or have concerns, contact your provider immediately.

These instructions are designed to ensure optimal healing and results from your chemical peel treatment.

## QUESTIONS OR CONCERNS

Please contact your chemical peel provider at the office where you were treated during business hours with any questions or concerns (see below).

**AFTER HOURS-EMERGENCY on call (215) 662-4552**