



Post Care Instructions for Chemical Peels

Day One:

Do nothing to your skin following your treatment. Your skin may feel hot and feverish and you may experience some mild discomfort. Use post peel balm or Vaseline and you may spray with cool water several times throughout the day. This will relieve tightness and encourage live cell build up.

It is normal to have some swelling and redness. If it becomes too uncomfortable, the application of cool compresses and balm will be helpful. Also, keeping your head elevated on 2 pillows while resting/sleeping will reduce swelling.

The skin may be a frosted/whitish or even blue hue the first few hours and then it will become pinker and eventually red. The skin will feel very tight and dry. This is all normal.

Day Two:

Same as the first day. Do very little to the skin, other than post balm and hydration sprays. It will be darker in color and the skin will be drier and tighter. Try not to touch the skin and **DO NOT PICK**.

Days Three – Seven:

The skin will begin peeling. Cleansing with a mild non-abrasive cleanser (such as Cetaphil) is recommended. Apply hydrating cream such as Eucerin at least three times/day or as often as needed. **DO NOT PICK OR TEAR AWAY LOOSE SKIN AS THIS MAY CAUSE SCARRING!!!**

Make up may be worn about day five. No tretinoin (retin A), AHA (alpha hydroxy acids), or harsh scrubs for 2 weeks after the peel.
Wear sunscreen daily.

Return for follow up in one week.