

Chemical Peel Aftercare Instructions

Possible outcomes immediately following a chemical peel include: minimal reaction with no skin irritation or redness; mild redness and stinging (the most common outcome); moderate redness and stinging or burning sensations that may last a few hours (up to 48 hours); mild crusting in localized areas for up to 48 hours; localized blistering (rare event); skin sensitivity for 2-4 days following the peel; light peeling of the superficial skin for 2-4 days following the chemical peel or no peeling at all.

- Please AVOID aerobic exercise, swimming, Jacuzzis, steam rooms or vigorous physical activity for the first 48 hours.
- Direct sunlight exposure is to be completely avoided for the next 2 weeks following the treatment (including any strong UV light exposure and tanning beds). If some sun exposure cannot be avoided, first apply sunscreen with an SPF of 30 or greater.
- YOU MUST include Sunscreen (with at least a SPF of 20) as a part of your daily skin care regimen as your skin will become more sensitive to the sun as a result of this treatment. If you do not have any we have an excellent one available in our office.
- DO NOT cleanse your face tonight! Tomorrow morning use a mild cleanser and gently cleanse your face.
- DO NOT apply any type of glycolic acid, retinol, or exfoliation products as this can severely damage or irritate the skin during the entire healing process.
- DO NOT PEEL, RUB, PULL, PICK or SCRATCH your skin (including peeling or crusting skin) at ANYTIME, WHATSOEVER! This will cause damage and compromise your results as well as possibly cause severe scarring.
- However if you find your skin extremely itchy you MAY apply a thin layer of HYDROCORTISONE to the affected areas.
- If you experience EXCESSIVE painful areas of the face, contact your Medical Esthetician immediately.
- If your skin feels normal after 2-5 days, you can resume your at-home skin rejuvenation routine and products, including wearing sunscreen (SPF 30+; with both UVA and UVB protection). If any product stings, avoid using it for a few more days, and then re-try it.
- In the event that you may have additional questions or concerns regarding your treatment or suggested home product/post-treatment care, please contact us at 678. 904.4932!

Client Signature

Date