



Chemical Peel After Care Instructions

- Gently cleanse your face twice a day with a gentle cleanser.
- Please do not pick or pull your skin at any time after your peel, as it can cause scarring. Your skin will take about 4 to 7 days to completely peel depending on the strength of the peel or treatment you received. Chemical peel on the body, chest, or arms often takes longer (up to 3 weeks).
- Please do not exfoliate using a cleansing brush or any facial scrub or acid based products for 2 weeks; longer if peel is done on the body.
- Do not use any products that contain AHA, Glycolic, Retin-A, or any acne medication until your skin has finished peeling (usually 7 days, but possibly longer).
- Keep skin well hydrated by drinking plenty of water and moisturizing throughout the day with a good moisturizer or Aquaphor both day and night. Reapply throughout the day as often as needed. Your skin should never be so dry that it is cracking or sore.
- Preferably, no makeup post peel to be able to re-apply moisturizers throughout the day and night. If not possible then makeup can be applied the same day, **if needed**.
- Refrain from waxing, or tanning for 3 weeks.
- Deep peels- no workouts for 5 days .
- Medium Peel- no workouts for 2 days.
- Light peel- okay to workout after 24 hours
- No steam, sauna or pool as they can irritate the skin
- If your skin becomes itchy at any time, you may use a 1% hydrocortisone cream (any brand).
- Finally, use SPF 30 or higher consistently throughout the day. REAPPLY, REAPPLY, REAPPLY, for this will limit your skin from burning in the sun (even when it's cloudy out or when sitting by a window) and will minimize the chances of more sun damage and discoloration.