

# SKIN & LASER

Lytham St Annes

## Chemical Peel: Pre-Care, Preparation & Aftercare

### Pre-Treatment Care (2–4 Weeks Before)

Proper skin preparation helps ensure safe treatment and optimal results.

- Avoid sun exposure, tanning beds, and self-tanner for at least 2 weeks prior to treatment.
- Use broad-spectrum SPF 30–50 daily and avoid sunburn or irritated skin.
- Discontinue retinoids and exfoliating agents (Retin-A, tretinoin, glycolic acid, salicylic acid, benzoyl peroxide, vitamin A products) 5–7 days before treatment (longer for medium/deep peels).
- Avoid waxing, threading, depilatory creams, laser treatments, microneedling, or aggressive facials in the treatment area for 7–14 days.
- Inform your provider if you:
  - Have used isotretinoin (Accutane) within the past 6–12 months
  - Are pregnant or breastfeeding
  - Have active acne, infection, eczema, psoriasis, or open lesions
  - Have a history of cold sores (antiviral medication may be recommended)
  - Are prone to hyperpigmentation or melasma
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### Day-Of Preparation

On the day of your appointment:

- Arrive with clean, makeup-free skin—no lotion, sunscreen, perfume, or oils.
- Men should shave the treatment area at least 24 hours prior.
- Avoid exercise, alcohol, and excessive heat before treatment.
- Wear comfortable clothing and avoid tight collars or friction near the treated area.

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### Post-Treatment Aftercare

Skin response varies based on peel depth. Redness, tightness, dryness, flaking, or peeling are normal.

- Cleanse with a gentle, non-exfoliating cleanser as directed.
- Apply bland moisturizer and soothing products only.
- Do not pick, peel, or exfoliate flaking skin.
- Avoid sun exposure and apply SPF 30–50 daily for at least 2–4 weeks.
- Avoid heat, sweating, saunas, steam rooms, and intense exercise for 24–48 hours (longer for medium peels).
- Avoid retinoids, acids, vitamin C, scrubs, and active skincare for 7–14 days, or until skin is fully healed.
- Makeup may be applied after 24–72 hours, depending on skin sensitivity and peel strength.
- For medium-depth peels, visible peeling may last 5–10 days.

### Treatment Plan & Results

Light peels may be repeated every 3–4 weeks.

Medium peels are typically performed in a series or as a corrective treatment.

Chemical peels improve skin tone, texture, acne, pigmentation, fine lines, and sun damage.

Results improve over time with proper skincare and sun protection.