

SKIN *by* RANDEE

Chemical Peel Pre & Post Treatment Instructions

To reduce your risk of complications, accelerate healing, and to enhance your results, it is important to follow the instructions listed below.

5-7 Days Before Treatment

- Discontinue retinols, topical prescriptions, exfoliants, glycolic or salicylic acid, and benzoyl peroxide.
- Avoid sun exposure and tanning (natural or artificial). Apply SPF 30+ daily. Product faves: SkinCeuticals Physical Fusion SPF 50 or PCA Sheer Tint SPF 45.
- Do not wax, use depilatory creams, undergo laser hair removal, or electrolysis on the treatment area.

Keep the peel on for hours. After that, you can gently rinse with cool or lukewarm water. Do not use cleanser yet. Pat dry without rubbing. Apply post-care cream.

The First 24 Hours After Treatment

- Cleanse with cool or lukewarm water and post-care cleanser. Gently pat dry without rubbing.
- Keep skin hydrated with your post-care moisturizer throughout the day.
- Stay out of the sun and avoid sweating and excessive heat (no hot showers, saunas, steam rooms, hot yoga, or workouts).
- Skip makeup.
- Do not pick, rub, or peel flaking skin.

Please contact me with any questions/concerns:

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Days 2 to 7

- Begin gentle cleansing twice daily with the post-care cleanser.
- Continue your post-care moisturizer morning and night. Reapply as needed to keep skin comfortable.
- Start wearing mineral SPF 30+ every morning. Try SkinCeuticals Physical Fusion SPF 50 or PCA Sheer Tint SPF 45. Reapply if outdoors.
- Expect dryness, tightness, and flaking. Let dead skin shed naturally. No picking, rubbing, or scrubbing.
- Avoid sweating, intense exercise, and excessive heat for at least 48 hours total.
- Do not use washcloths, cleansing brushes, scrubs, or products with beads or granules for at least one week.

After 7 Days

- If skin feels ready, you may slowly reintroduce light exfoliation and actives like gentle acids, enzymes, and retinols.
- Mild flaking or temporary darkening can continue as part of the healing process and usually resolves within two weeks.

What To Avoid While Healing

- No facial waxing, depilatory creams, laser hair removal, or electrolysis for 1 to 2 weeks.
- No additional facial treatments for at least two weeks or at my discretion.
- No exfoliating products, retinols, topical prescriptions, glycolic or salicylic acid, or benzoyl peroxide for up to 7 days after your peel.
- No direct sun exposure for 1 to 2 weeks. Always apply SPF 30+ daily and wear a hat when outdoors.

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