

Advanced Chemical Peels by Glymed

Pre & Post Care Guidelines

Medical Contraindications

If you have any of the following conditions, please consult with your esthetician (and in some cases, your physician) before treatment:

- Cancer — must have doctor approval
- Threads — must have doctor approval
- Kidney disease
- Sunburn
- Open wounds
- Allergy to aspirin*
- Pregnancy / Lactation*
- Fitzpatrick IV–VI*
- Rosacea*
- Psoriasis*
- Eczema*

* A peel that is safe for your skin will be selected.

Skin Prep

For advanced chemical peels, you may be required to:

- Begin with 2–3 superficial peels before advancing
- Prep skin 2–4 weeks prior with:
 - Tyrosinase inhibitor (see full list below)
 - Actives (see full list below)



If you don't use these products, book a Pop-In Appointment to pick them up.

Please stop the following:

- Accutane / Isotretinoin — at least 6 months prior
- Botox, fillers, lasers — at least 14 days prior
- Tanning, waxing, shaving in the area — 7 days prior
- Prescription retinoids (ie Tretinoin) — 7 days prior
- Actives— 72 hours prior



Always consult your doctor before stopping prescription medications.

Post Procedure Care

You will be given a FREE Post-Procedure Kit with instructions to take home.

For the first 72 hours:

- No sun exposure
- No sweating
- Wait until skin has completely stopped peeling before restarting Actives and over-the-counter retinoids.
- Wait at least 7 days before using prescriptions retinoids (ie. Tretinoin)
- Avoid hair dye until 1 week after peeling stops
- Waxing may be done 2 weeks after peel
- Safe to receive Botox or filler immediately after peel (but check with provider — some recommend waiting 2 weeks)
- For laser treatments, wait at least 2–4 weeks

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Things to Note

- Every client's skin is different — Nicole will determine the peel level for you
- Appointment time: 45 minutes
- Peeling may begin 3–14 days after treatment
- Do not peel or pick your skin — cut away large hanging pieces only with clean scissors
- Peels are safe for all Fitzpatrick skin types (I–VI)
- Do not come sunburned
- Touch your face only with clean hands
- Use Clean Skin Club Towels to dry your face
- Sleep on new or clean pillowcases
- Makeup only if necessary — mineral or non-comedogenic
- Cold compress may be used for minor swelling or irritation
- GlyMed peels: safe every 4–6 weeks (Full Face Frosting: wait 3 months)

Actives

- Benzoyl Peroxide
- Over-the-counter Retinol/Retinal (Retinoids)
- AHA/BHA (Alpha Hydroxy and Beta Hydroxy Acids)
 - Glycolic Acid
 - Lactic Acid
 - Salicylic Acid
 - Mandalic Acid

Tyrosinase Inhibitors (Skin Prep Options)

- Thiamidol
- Hydroquinone
- Vitamin C (L-Ascorbic Acid, Ascorbic Acid, SAP, MAP, Tetrahexyldecyl Ascorbate, Ascorbyl Palmitate, Ethyl Ascorbic Acid)
- Tranexamic Acid
- Cysteamine
- Cysteine
- Resorcinol
- Resveratrol
- Hexylresorcinol
- 4-Butylresorcinol
- Kojic Acid
- Arbutus
- Azelaic Acid
- Ellagic Acid
- Licorice Root
- Mulberry Extract