

Mini Chemical Peel

Pre & Post Care Guidelines

Medical Contraindications

If you have any of the following conditions, please consult with your esthetician before treatment:

- Cancer
- Sunburn or open wounds
- Pregnancy / Breastfeeding
- Eczema
- Dermatitis
- Use of Accutane / Isotretinoin within the past 6 months

Pre-Care Instructions

6 months prior:

- Stop the use of Accutane / Isotretinoin

7 days prior:

- Stop the use of Prescription Retinoids (Tretinoin)

72 hours prior:

- Stop the use of **actives** (See list below)

Post Procedure Care

For the first 24 hours:

- No sun exposure
- No sweating
- Makeup only if absolutely necessary. (Non-comedogenic)
- SPF (Mineral)

After 72 hours:

- Resume normal skincare routine
- Wait 7 days before restarting Prescription Retinoids (Tretinoin)
- Mini Chemical Peels may be done every 2 weeks

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