



Esthétique Medical Spa

Chemical Peel

PRE-TREATMENT INSTRUCTIONS

- Avoid extensive sun exposure, tanning beds and tanning creams/sprays for at least 2 weeks before treatment.
- Avoid facial waxing for 7 days before treatment.
- Stop using Retin-A (retinol) products or applications for 7-10 days before treatment.
- High percentage alpha hydroxy (AHA) and beta hydroxy (BHA) products should be stopped 5 days before treatment.
- Stop using Renova, Differin, Tazorac, Avage, EpiDuo, or Ziana 5 days before treatment.
- Always apply a broad-spectrum sunscreen daily (SPF 30 or greater) and avoid the gym 24 hours before treatment.
- Do not use Aspirin or non-steroidal anti-inflammatory for at least 7-10 days before treatment,
- Please arrive at your appointment with a clean face free of make-up, lotions, or any skin care product.

POST-TREATMENT INSTRUCTIONS

- On day 3 post peel, you may experience mild to moderate shedding, depending on the depth of the peel and the number of layers applied. This is not uncommon. There can be dryness and tightness of the skin. Superficial peels have little to no downtime, so you may not experience shedding.
- Moisturizers can help to minimize peeling. Do not pick or prematurely peel the skin, as this will cause hyperpigmentation and/or surface scars.
- Use a gentle cleanser and apply moisturizer at least twice daily for a minimum of 7 days post treatment.
- Do not use scrubs, loofahs, exfoliating sponges, or other means of mechanical exfoliation on your face for 7-10 days.
- If you must be in the sun, apply SPF 30 or greater, reapply often, wear a hat, and see shade when possible.
- Avoid vigorous activity, exercising, and hot heat for 48 hours.
- Do not have electrolysis, facial waxing, or use depilatories for 5 days post treatment.
- Avoid using retinols, and Glycolic Acids for 10 days.
- Do not ice your face, go swimming, or put your face under water. Do not take long hot showers or put your face under a hot stream of water.
- If you are on an acne regimen, delay the use of tretinoin, Retin-A, Differin, Renova, Tazorac. Avage, EpiDuo, or Ziana for 5 days. However, it is fine to resume using a Vitamin C serum after five days.
- It is extremely important that you DO NOT have another chemical peel until your clinician advises you to.
- Avoid drinking alcohol for 48 hours. Alcohol can dehydrate the skin and slow down the healing process.
- Avoid surfaces that could irritate your skin such as pillows, beards, and collard or turtleneck shirts.
- If you notice increased redness, increased hyperpigmentation or crusting of the skin, contact your doctor or skincare professional.

Please call or text the spa at 775-738-5588 with any treatment questions or concerns