

CARE FOR AFTER YOUR PEEL:

- When you leave, your face may be red, tight, whitish, and rough. These are normal and depend on the type of peel you had performed in our office. There will be sunscreen applied as well to your skin.
- It is ok to cleanse your skin, even the night of the peel, with a gentle cleanser such as Dove unscented, Epionce Milky Lotion, Avene Cleanser, CeraVe Hydrating Wash, Eucerin Eczema Wash, IDSIN Cleansing Oil, etc. Please do not scrub the skin or use a washcloth the first night.
- As the skin has been treated, it is sensitive to sun. **APPLY SUNSCREEN WITH AT LEAST AN SPF OF 30 EVERY MORNING AND REAPPLY AS NEEDED.**
- We recommend avoiding makeup for the first 24 hours, but if you do, please apply it with a clean hand. Do not use old makeup brushes or sponges that may contain bacteria.
- Moisturize often with what your provider recommended or gave you during your visit. OTC options are CeraVe lotion, Aquaphor, Cetaphil lotion, Vanicream Lotion, LaRoche Cicaplast, or the like.
- Avoid exfoliators for 7 days after your peel like Retin-a, Tretinoin, Retinols, Glycolic Acid, etc. Antioxidants like Vitamin C and peptide serums are fine to use post treatment.
- **DO NOT PULL** loose skin that is flaking. As you peel it, a wound will be created and can result in delayed healing and/or scarring.

WHAT TO REPORT:

- It is normal for areas to be red, possibly tender, slightly swollen especially around the eyes, and flaky. Again, please do not pull on these flakes of skin.
- Report the following to our office:
 - Intense, increasing pain
 - Scab formation to peeled areas
 - Strange smells coming from wounds and/or cloudy drainage
 - Deep blister formation
- After hours and you have an emergency: If severe, go to ER or walk-in clinic. If needed, call or text Gillie at (615) 218-2434.

SUMMARY:

- **CARE FOR AT LEAST 5 DAYS**
 - Cleanse areas twice a day with gentle cleanser.
 - Avoid sun exposure, irritants, and exfoliants.
 - Apply Sunscreen with SPF 30 or > every morning and reapply as needed.
 - Moisturize often with gentle lotions and creams
 - See below for any tailored instructions (If nothing written, follow above.)

YOUR TYPE OF PEEL PERFORMED TODAY : _____

RECOMMENDED :

CLEANSER : _____ SUNSCREEN : _____

MOISTURIZER : _____ SERUM(S) : _____

NOTES : _____

Thank you for choosing us for your skin care needs!