



YOUTHFUL YOU

A E S T H E T I C S & A C A D E M Y

CHEMICAL PEEL

Pre-Treatment Guidelines

- **Avoid Sun Exposure:** Stay out of direct sunlight and avoid tanning for at least 2 weeks before your treatment. Use sunscreen (SPF 30 or higher) daily.
- **Stop Retinoids & Exfoliants:** Discontinue retinoids, glycolic acid, salicylic acid, and other exfoliants 5-7 days before treatment to avoid skin sensitivity.
- **No Hair Removal:** Avoid waxing, laser hair removal, or depilatory creams in the treatment area for 5-7 days before the procedure.
- **No Facial Treatments:** Avoid facials, microdermabrasion, or laser treatments for 2 weeks before your chemical peel.
- **Cold Sore History:** If you have a history of cold sores, inform your provider. Antiviral medication may be needed.
- **Blood Thinners:** If you are on blood thinners (e.g., aspirin, ibuprofen), consult your doctor before stopping them.
- **Hydrate:** Drink plenty of water before your treatment for optimal skin hydration.
- **Pregnancy/Breastfeeding:** Avoid treatment if pregnant or breastfeeding unless approved by your provider.

Disclaimer: These instructions are provided to ensure optimal treatment results and reduce the risk of complications. **Failure to follow the guidelines may result in undesirable outcomes.**

call or text: (587) 855-4558

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