**CHEMICAL PEEL PRE AND POST-TREATMENT INSTRUCTIONS**

Chemical peels are dermatologic procedures that involve the application of a chemical solution to the skin, causing controlled injury and exfoliation. This promotes cell turnover and improves the appearance of photodamage, melasma, acne, fine lines, and uneven texture.Series of peels (typically 3–6) may be recommended for optimal results, spaced at 4–6 week intervals.Proper pre- and post-treatment care is critical to reduce the risk of adverse effects and enhance clinical outcomes.

* Always use a broad-spectrum (UVA/UVB) sunscreen of at least 30 SPF and avoid direct sun exposure in all treatment areas throughout the treatment series. This can help with treatment efficacy and prevent post-treatment complications.
* Do not take Accutane (Isotretinoin) for at least six months before treatment.
* Discontinue sun tanning, use of tanning beds, and any application of sunless/self-tanning products four weeks before treatment.
* No CoolPeel, light or medium chemical peels, glycolic treatments, or microdermabrasion two weeks before treatment.
* No deep chemical peels or laser resurfacing within one month before treatment.
* Injectables (botox/filler) within two weeks are not recommended, as the longevity of injectables may be affected.

**1-2 WEEKS BEFORE TREATMENT**

* **No waxing,threading or depilatory creams** on the area to be treated.
* **Avoid sun exposure** and tanning beds to prevent pigmentation issues.
* **Avoid all exfoliating treatments** including microdermabrasion, electrolysis, and laser procedures.
* If you have a history of cold sores, notify your provider. Prophylactic antiviral medication may be prescribed.

**24-48 HOURS BEFORE YOUR TREATMENT**

* Use a gentle cleanser and moisturizer.
* Avoid drinking alcohol.
* Do not shave, exfoliate, or use any actives.
* Hydration is essential: Well-moisturized skin improves tolerance and uniform penetration.

**DAY OF YOUR TREATMENT**

* We ask that you do not come to any of your treatments with a tan/sunburn or sunless/self-tanning products in the treatment area, or your treatment may need to be postponed.
* Arrive with clean, makeup-free skin.
* Please let us know if you are using any new oral medications, topical medications, or skincare products.

**DAYS 1–3 AFTER TREATMENT (ACUTE PHASE)**

* **Mild erythema, tightness, and sensitivity are expected.**
* Use only a gentle, non-foaming cleanser
* Apply a bland, occlusive moisturizer (e.g., Aquaphor, La Roche Posay) to maintain hydration and barrier integrity.
* You may shower the same day with mild soap and water. Wash the treated area gently with your fingertips. Avoid hot water for the first 24 hours following treatment and always pat dry.
* Avoid swimming, hot tubs, saunas, hot yoga, and strenuous exercise for 48 hours following treatment.
* It is best not to wear makeup for 48 hours after each treatment. If necessary, try to use non-comedogenic (do not clog pores) products and apply and remove gently with clean hands.
* Apply mineral-based sunscreen (zinc oxide or titanium dioxide, SPF 30+) every 2–3 hours when exposed to light, even indoors.
* Avoid picking, rubbing, or scratching the treated skin.

**DAYS 3-7 DESQUAMATION PHASE**

* **Peeling and flaking will begin. DO NOT manually exfoliate, pick, or peel skin.**
* Continue to use gentle, barrier-supporting products only.

**AFTER PEELING RESOLVES(USUALLY DAYS 7-10)**

* You may gradually reintroduce active skincare.
* Continue **daily sunscreen use indefinitely**.
* Follow up with your provider to assess skin response and schedule additional treatments if indicated.

**SIGNS TO WATCH FOR**

* Signs of infection (pus, increased swelling, warmth)
* Herpetic outbreak (cold sore)
* Severe itching, hives, or allergic reaction
* Delayed healing or scarring
* Persistent or severe erythema(redness) beyond 7 days