

GOOD TO KNOW

Chemical Peel Pre & Post Treatment Care

Peels work best — and heal safest — when your skin is prepped beforehand and respected afterward. Please read this fully before your appointment.

01 Before Your Peel

7 DAYS BEFORE

- Stop retinoids, retinol, and prescription tretinoin
- No waxing, threading, or depilatory creams on the face

5 DAYS BEFORE

- Pause scrubs, brushes, exfoliating acids (AHA/BHA), and vitamin C serums
- Avoid sun exposure and tanning — wear SPF daily

ALSO

- Skip other facial treatments (laser, microneedling, dermaplaning, other peels) for **2 weeks** unless we've planned it together
- Tell me before your visit if you're **pregnant or nursing**, have a history of cold sores, have used **Accutane in the past 6 months**, or have started any new medications or skincare
- Arrive to your appointment with no active irritation, sunburn, or open breakouts

02 After Your Peel

FIRST 24-48 HOURS

- Skip makeup for **24 hours**
- Avoid heat and sweat — no hot showers, saunas, steam rooms, or intense workouts
- Cleanse with your provided post-peel kit

DAYS 3-5

- Light flaking, tightness, and mild redness are normal
- Do not pick, peel, or scrub — let skin shed on its own to prevent scarring and dark spots
- Wear **SPF 30+** every day and reapply if outdoors; avoid direct sun
- Hold all retinoids, acids, scrubs, and active serums until fully healed — typically **7 days**
- No waxing or facial treatments for **2 weeks**

CALL ME IF YOU NOTICE

- Blistering or oozing
- Significant swelling or increasing pain
- Anything that doesn't feel right

Questions before or after your visit? Reach out any time — jenni@hansesthetics.com. I'd rather hear from you than have you guess.