



# Practically Perfect

## MEDICAL AESTHETICS

### Chemical Peel Post Care

The results of your Chemical Peel depend on you!!

- It is essential that you avoid sun exposure for two weeks following your chemical peel.
- Wear sunscreen SPF 30 daily! Use a product with broad spectrum UVA/UVB protection.
- For the next 7 days, please AVOID the following products:
  - Clarisonic brush
  - Exfoliants
  - Products containing glycolic or salicylic acids,
  - Retin-A (Tretinoin), Renova
  - Vitamin A or Vitamin C.
- If you have melasma, you maybe advised to use Retin-A and/or hydroquinone following the peel.
- It is normal for your skin to appear irritated or swollen. If you notice swelling, you can apply a cool compress for the first 24 hours. If you believe your swelling is extreme, you can take an over the counter antihistamine, such as Zyrtec, Claritin, Allegra or Benadryl.
- Do not wax, laser or have electrolysis performed on the treated area for 2-4 weeks post peel.
- Obvious flaking or peeling may or may not occur. **Do not pick!** Picking may result in irritation and even **scarring**.
- Please contact our office, if the skin is broken or if a blister appears. You may require an antibiotic ointment or oral antibiotic.
- Wait until peeling completely subsides before having a facial, laser treatment or microdermabrasion treatment.

#### **What to expect:**

**Day 1:** The skin may appear swollen and be pink or red the day of the peel. Use a gentle cleanser and sunscreen, but try to avoid using a moisturizer. Peeling or flakiness will most likely begin the following day of the peel. Once the skin begins to peel, you can use *Sea Gems* \*or *Growth Factor* \* serums. It is not uncommon to experience a burning sensation with the GF serum. If you notice swelling, you can use a cool compress, take Tylenol or Ibuprofen and/or an over the counter antihistamine. **AVOID all products that contain glycolic, salicylic, Retin-A, Vitamin A or C for the next 7 days, unless our office has otherwise advised you.**

**Day 2:** The skin may feel extremely tight and dry. If the skin is swollen, you can take Tylenol or Ibuprofen and/or you can apply ice packs. Exfoliation will begin to occur (mild, hardly visible to heavy continuous peeling). Continue to use a gentle cleanser and sunscreen. If you must use a moisturizer, do it sparingly! Once the skin begins to peel, you can use *Sea Gems* or *Growth Factor* serums.

**Day 3–6:** Day 3 tends to be the "peak" of the peel. The skin will continue to peel and there may be areas of flakiness. REMEMBER not to pick the skin. Continue to use a gentle cleanser and sunscreen.

**Day 7:** Most peeling and flakiness should be resolved by this time. If you still have some mild flakiness, you can gently exfoliate your skin with a wet washcloth. You should notice that your skin is glowing and that the overall skin texture has improved. You may resume using products that contain glycolic, salicylic, Retin A (trentinoin), Vitamin A or C. Your skin may still be sensitive, so you may need to use these products sparingly over the next week.