



CHEMICAL PEEL AFTERCARE REGIMEN

In order to insure optimal results of your _____ Peel procedure, please follow these instructions:

What to expect

Immediately after the peel:

- Skin may be tight and more red than usual
- Skin may feel tacky and have a yellow to orange tinge. This is temporary and will fade in a few hours

The degree of peeling may vary depending on your skin type and skin condition at the time of the peel. The success of the peel should not be determined by the amount of peeling, but by the end results that the peel will produce. Reasons why some experience decreased visible peeling:

- Receiving a peel for the first time
- Severe sun damage (increased visible peeling should develop with subsequent peels)
- Having peels regularly with a short interval between peels
- Frequent use of Retin-A products, alpha-hydroxy acids (AHA) or other peeling agents prior to the peel treatment

Regardless of the degree of peeling, the skin is still sloughing off at an accelerated rate, which will result in the improvement of skin tone and texture, and diminishment of fine lines and pigmentation.

Every day Post Peel (Day 1-8)

- Use a gentle, soap-free cleanser am and pm (if your skin is peeling, do not scrub or use a washcloth); dry gently (example: SkinMedica Facial Cleanser or Cetaphil wash)
- Apply a gentle moisturizer (example: Cetaphil lotion) as often as needed to relieve dryness and help control peeling
- Use over-the-counter Hydrocortisone cream combined in equal parts with mild moisturizer for itchy areas – twice daily, if needed
- Use Aquaphor ointment to moisturize dry areas or for the entire face (if feeling dry) 2X daily and as needed, also use for red, irritated, peeling areas. Keep a supply with you at all times
- Moisturize lips and lip corners frequently with vasoline- keep handy
- Liquid make-up is easier to use day 1-8 (have available for touch-ups during the day)
- Protect your skin with sunscreen (broad spectrum SPF 30 or greater) daily, reapply throughout the day as needed and avoid direct sunlight for at least 1 week.
- Apply cold compresses or ice packs as needed (suggestion: freeze a wet washcloth)
- You may have swelling day 2-5, this will resolve. Continue to moisturize frequently, apply ice, and drink plenty of water. Call the office if concerned.





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Plastic Surgery & Aesthetics

Day One (Peel Day)

- Wait 4-6 hours to wash your face, dry gently
- Drink plenty of water; 4- 6 glasses
- Avoid strenuous exercise on the day of the procedure and while peeling

Day Two – Six

- Peeling will generally start 48-72 hours after the procedure and can last 5 days, usually starting around the nose and mouth
- DO NOT PICK OR PULL THE SKIN. Allow skin to peel at its own pace. (Premature peeling of the skin will result in dry, cracked, raw skin that may develop into post-inflammatory hyperpigmentation)
- Reapply Aquaphor, moisturizer and /or sunscreen as needed
- Avoid the following products/procedures until your skin has completely stopped peeling: Tretinoin, retinoids alpha-hydroxy acid (AHA) products or bleaching creams. In addition, facial injections, facial hair removal, injectable fillers, microdermabrasion and laser treatments (including laser hair removal)

Day Eight (approximately)

- After all peeling and flaking resolves resume usual skin care routine including SkinMedica Essential Serum, Lytera Brightening Complex, Retinol Complex, Vitamin C& E, and other rejuvenating anti-aging skin care products

Day Ten

- Return for follow-up appointment (sooner, if needed)

Next Steps

Keep up your skin care regimen! Maximum benefits are seen with a series of 3 or more peels, remember, results are cumulative. Many peels may be performed every 3-6 weeks until desired results are achieved.

Next Appointment:

Date/Time

Please call with any questions or concerns (217) 214-8282

