

Chemical Peel Pre-Treatment Instructions

Do not schedule a procedure if you are pregnant or think you are pregnant.

For 7 days prior to your treatment:

- Do not have another treatment, unless recommended
- Avoid any skin irritants, including retinoids and retinol, glycolic and salicylic acids, benzoyl peroxide, astringents and Vitamin C
- Do not wax, tweeze or use depilatory creams
- Do not tan
- You may continue to use other skin care products, including a hydroquinone or lightening agents

On the day of your treatment:

- Wash your face and apply moisturizer
- Do not apply makeup.
- At home, have Benadryl and aspirin or Tylenol available

Chemical Peel Post-Treatment Instructions

DO NOT PEEL THE SKIN at any time as it may cause scarring. If any area is irritated, you may apply a mild hydrocortisone cream or Aquaphor on Days 1, 2 or 3 only.

Day 1: Rinse off the peel using your fingertips and cool water. Do not apply anything else to the skin. Your skin will appear sunburned today and will continue to look redder as the day continues. It will begin to feel tight like you have a sunburn. You may also experience itching or mild burning as the peel penetrates deeper into the skin. You can help to alleviate this sensation by taking Benadryl (for itching) and aspirin or Tylenol (for discomfort) as needed. Avoid wearing makeup or tight fitting glasses for the first day or two as pressure from the nosepiece may cause deepening of the peel in that area.

Day 2: Your skin will continue to feel very tight. The top layers of skin are dehydrating. You will look like you have an uneven sunburn/tan. By the end of the day, your skin may begin to flake, usually starting between your eyes and around your mouth and nose. Sun-damaged spots may turn darker prior to peeling. Rinse your

face with water today. Use only your hands. Cool or tepid water generally feels best. Do not use a cleanser or moisturizer.

Day 3: You may want to avoid making social plans for today and tomorrow as most of peeling takes place between days 3 and 4. Your skin will flake, peel, and feel very tight today. You may carefully use manicure scissors to clip any hanging skin. Begin using a gentle cleanser and a strong hydrating cream. Do NOT use SPF or retinoids, retinol, acids, astringents or Vitamin C. You must completely avoid the sun during this time. This is the last day you should use hydrocortisone to irritated areas.

Day 4: Continue with cleansing and moisturizing. Some areas will have completely peeled and other areas may have not peeled at all. This is normal.

Day 5: Your skin may be tender for a few days. You may exfoliate the skin with a gentle scrub to remove any remaining skin that has not peeled. Continue to avoid sun exposure for the next two weeks. You may begin to wear SPF, but only if it is not irritating.

I understand and will follow these pre- and post-treatment instructions.

Client Name (Printed): _____

Client Signature: _____ Date: _____