

Post Chemical Peel Instructions

No matter which level chemical peel you've enjoyed in our office, below are some post care instructions that will help you optimize the results of your treatment! *Remember, "peeling" is not indicative of a "successful" peel! If it occurs it's due to dry skin.*

- Use a mild cleanser and heavier moisturizer for 2 weeks.
- Avoid consuming alcohol no alcohol 48 hours (it can dehydrate your skin!)
- No heavy makeup 24 hours (lipstick and mascara are okay!)
- No exercising 24 hours (sweat can be an irritant)
- Use only physical sunscreen (zinc oxide) for the first 24 hours, then use regular sunscreen after.
- Avoid exfoliating or products that could be irritating to the skin (retinoids, AHA's, salicylic acid, etc) until skin is fully healed and back to normal.
- Avoid direct sun exposure/tanning beds
- To avoid the possibility of scarring or hyperpigmentation , DO NOT peel, scrape, scratch, scrub, pick, or pull the skin.
- Do not wear tight fitting hats or headbands.
- When your skin returns to normal you can resume your normal routine/skin care routine.

Of course like always, you can call or text us anytime with questions -
610.349.6390