



Post Treatment Instructions For Chemical Peels

- After a peel, it is common to experience some temporary flaking, scaling, redness and dryness of the skin for up to 5 days. This is a result of the peel exfoliating the top layer of skin and new cells surfacing. These conditions will disappear as the skin adjusts to the treatments. Improvements from the peel may be subtle at first. With every peel you should notice your skin feeling smoother and softer and appearing more even toned.
- No peeling, to light peeling, does not at all indicate that the peel is ineffective. Everyone is different and therefore results will vary. Contact our office with any questions or concerns.
- The first evening after your peel you should not have to wash your face, however if you choose to do so, cleanse very gently with a gentle cleanser or a sensitive skin cleanser. Pat dry do not rub. Moisturize with a gentle or sensitive skin moisturizer. It is essential to protect your skin from the sun following a peel. Consider a hat and a 'physical' sunscreen of at least 30SPF every day. (Physical sunscreens contain the minerals titanium dioxide and zinc oxide for maximum protection.)
- Jessner's Peel Only: It is common to experience frosting on the skin for the first 24 hours. This white color is the residue of the ingredients used in the peel. Your skin may feel warm, similar to a sunburn. On the second day it might possibly get redder and warmer, and on days 2-4 the skin might turn brown and feel very tight. During days 4-10 the skin will begin to peel. After 7 days the skin will show signs of returning to normal and new skin will begin to form. Your face might be pink at first, but this will gradually fade over the following weeks. Do not pick the skin. *Picking at the peeling skin can cause scarring!*

Things to avoid:

- AVOID DIRECT SUN EXPOSURE until you have finished peeling.
- Do not exfoliate or use any products with any acids such as lactic, salicylic or glycolic on your skin for at least 10 -14 days after the peel.
- Do not apply a product with Retinoic Acid to the treated area for at least 14 days.
- Wait at least 10-14 days after your peel for Botox or Fillers.
- Do not pick or peel off the skin, as this may cause scarring and/or hyperpigmentation.
- Makeup and skin care products may be used after the treatment as long as the skin is not irritated.

- The Chemical Peel Skin treatment is often performed as a series of 3-6 with a treatment every month for best results. You will notice immediate as well as longer term improvements in your skin.
- Call our office immediately if you have swelling, changes in skin color, signs of infection or blistering.

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