



PATIENT INSTRUCTIONS

Chemical Peel Post Procedure Care

APPLY MOISTURIZERS LIBERALLY



3-5
Days

For the first 3 -5 days use moisturizers liberally. Apply a bland moisturizer after cleansing and throughout the day if needed to prevent dryness and formation of crust.

AVOID SCRATCHING



2-3
Hours

Avoid scratching the skin as it is very sensitive. Waxing, tweezing and depilation can be done after 72 hrs.

DO NOT VIGOROUSLY RUB, PICK, OR PEEL THE FLAKING SKIN



Do not vigorously rub, pick, or peel the flaking skin. Allow the scales to slough off on their own.

APPLY TOPICAL ANTIBIOTIC CREAM



3
Days

Apply the topical antibiotic cream as prescribed to you, for the first 3 days or as per doctor's instructions.



APPLY CREAM FOR COMFORT



2x
Daily

The cream can be used twice daily for comfort. You can use it with the moisturizer.

USE OF EXFOLIATING AGENTS



7
Days

Wait for at least 7 days before the use of any other exfoliating agents (if prescribed by your doctor)

SUN PROTECTION IS IMPORTANT



15-20
Mins

Sun protection is important and mandatory. Avoid sun exposure for a week. Sunscreen should be applied 15-20 minutes before sun exposure.

NO SWIMMING OR SAUNA



7
Days

No swimming or sauna for at least 7 days after each peel procedure.

USE MEDICATIONS PRESCRIBED



3-5
Days

Use any other topical gels/ serums/ day creams/ night creams/ medications that have been prescribed to you only after 3-5 days post the procedure.

AVOID AEROBICS AND OTHER PHYSICAL ACTIVITY



2-3
Days

Avoid aerobics and other physical activity 48-72 hours following a peel. This is the suggested amount of time to keep the skin "cool."



PROCEDURE SIDE EFFECTS



1-2
Weeks

The procedure can cause swelling, redness, crusting, dryness, skin sensitivity, itching and obvious peeling of the site, which could last for 1-2 weeks depending on the skin type.

PRE-EXISTING SPOTS MAY DARKEN



In the days after the procedure the skin may feel and look tight. Pre-existing spots may darken and appear brown. These are expected reactions.