



Chemical Peel Aftercare

WHAT TO AVOID

- Exercise or any vigorous physical activity should be avoided for the next 48 hours.
- Direct sunlight exposure is to be completely avoided immediately following the treatment, including tanning beds. If some sun exposure cannot be avoided, first apply sunscreen with an SPF of 30 or greater.
- Do not apply any type of glycolic acid or exfoliation products during the healing process. This could potentially damage or irritate the skin.
- Do not peel, rub, or scratch your skin at any time. This WILL cause damage and compromise your results as well as potentially cause scarring.

AFTERCARE INSTRUCTIONS

- Cleanse your face with lukewarm and a gentle cleanser morning and night.
- Use a gentle moisturizer twice a day, we recommend Epidermal Repair from Skinceuticals, available for purchase.
- Sunscreen with an SPF of 15 or greater should be applied every 2 hours, ESPECIALLY after a chemical peel. Your skin is more sensitive to the sun as it is healing.
- If you experience painful areas of the face contact your provider immediately, especially if you are prone to cold sores. Any blisters that form will need to be reported immediately.

Additional Instructions:

Products to Boost your Results

Ask your provider about these products to enhance today's treatment results!

Product	Benefit
Skinceuticals Glycolic Renew Overnight	Improves skin's radiance and reduces the appearance of fine lines and wrinkles
Skinceuticals Glycolic Renewal Cleanser	Enhances skin tone evenness and clarity
Skinceuticals Retinol (.3,.5, 1.0)	Promotes skin cell turnover, improves fine lines and wrinkles and discoloration.

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