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## POST PEEL CARE

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### **\*\*ABSOLUTELY NO SUN EXPOSURE FOR THE NEXT 2 WEEKS\*\***

Immediately following your Peel treatment, you may experience any, all, or none of the described symptoms.

- Obvious flaking may or may not occur depending on the amount of build-up of oils and keratin layers and individual skin thickness. If you do see some flaking, it will not be in an even uniform pattern and will appear in patches. Everyone is different and every treatment is different. Flaking may occur in 2-7 days. Dry patches will occur. The fibroblasts in the cell layer have been stimulated to increase collagen production whether you have visible flaking or not. As your skin begins to respond, we will adjust treatment in graduated levels.
- Cold packs, Aloe Vera, or any other cooling preparation and Tylenol may be used to ease temporary discomfort.
- Avoid prolonged hot baths or showers for the first 2 days.
- Strenuous aerobic exercise and use of saunas and hot tubs should be avoided for 24-48 hours.
- Do not wax, laser, or have electrolysis preformed on the treated areas for 2-4 week post treatment
- Keep your skin moist with gentle moisturizers such as Cetaphil, CeraVe, Purpose, Squalene, Vaseline lotion. (Do not use any moisturizers that contain Acids in the ingredients)
- Some of the treated pigmented lesion will darken at first (resembling peppering or coffee grounds) then faded and flake off for the next 5 to 10 days.
- You MUST wear a sunscreen daily. You will be sensitive to ultra-violet light after treatment and you must avoid direct sun exposure until fully healed (approximately 2-4 weeks before and after treatment). A total sun block, not a sunscreen, should be applied if it is impossible to comply. If further treatment is needed, a **commitment to stay out of the sun is necessary.** Sun exposure may cause certain complications (possibility of blistering and/or hyper pigmentation).
- If the skin is broken or a blister appears, apply an antibiotic ointment and notify our office.
- Makeup can be applied as long as the skin is not broken.
- Do not pick or prematurely peel the skin. This may cause scarring and irritation.
- Do not resume shaving until shedding has commenced
- Do not scrub.
- Wait until peeling completely subsides before having any other procedures on the treated area, including:
  - Facials
  - Microderm abrasion
  - Laser treatments (including laser hair removal)
  - Facial hair removal

### **What to expect:**

**Day 1:** A red or pink “scrubbed” look, sensitivity to the sun or a sunburned feel to the skin. Use a gentle cleanser, moisturizer and a sunscreen with a SPF of 15 or higher.

**Day 2:** Tightness, drying and a “drawn” look. Use a gentle cleanser, moisturizer and a sunscreen with a SPF of 15 or higher.

**Day 3-7:** Exfoliation will occur (mild, hardly visible peeling to heavy continuous peeling depending on the type of peel). Continue to use a gentle cleanser, moisturizer and a sunscreen with a SPF of 15 or higher. \*Do not use Retin A or any other tretinoin or acid products on the face for the first week following the peel.

**After day 7:** By the end of the second week you should be able to tolerate glycolic, salicylic, Vitamin C, and retinol or retinoid products. You will notice your skin is pink for about one more week.

\*\*Please call the office if you have any questions or concerns during your recovery period.