

# chemical peel pre and post care

- Peels range from very superficial to superficial and are designed to improve the texture, tone and appearance of your skin, stimulate collagen production, and diminish fine lines and pigmentation.
- Clients who should not be treated:
  - Clients with active cold sores or warts, skin with open wounds, sunburn, excessively sensitive skin, dermatitis, or inflammatory rosacea in the area to be treated. Inform the esthetician if you have any history of herpes simplex.
  - Patients who have taken Accutane within the past year.
  - Patients who are pregnant or breastfeeding (lactating).
- PRE-SERVICE INSTRUCTIONS
  - No oral antibiotics at least 10 days prior to service.
  - One week before your peel avoid these products and/or procedures:
    - Waxing
    - Electrolysis
    - Depilatory Creams
    - Laser hair removal on the area to be treated
  - Two to three days before your peel avoid these products and/or procedures:
    - Any products containing retinol, alpha-hydroxy acid (AHA), beta- hydroxy acid (BHA) or benzoyl peroxide
    - Any exfoliating products
    - Medical cosmetic facial services or procedures (e.g. laser therapy, surgical procedures, cosmetic filler, microdermabrasion, etc)
    - Patients should wait until skin sensitivity completely resolves before receiving a peel
- POST-SERVICE INSTRUCTIONS
  - Adverse experiences that may occur after your chemical peel:
    - It is common and expected that your skin will be red, possibly itchy and/or irritated. It is also possible that other adverse experiences (side effects) may occur. Although rare, the following adverse experiences have been reported by patients after having a chemical peel - skin breakout or acne, rash, swelling, and burning.
    - Although most people experience peeling of their facial skin, not every client notices that their skin peels after a chemical peel. Lack of peeling is NOT an indication that the peel was unsuccessful. If you do not notice actual peeling, please know that you are still receiving all the benefits of the peel.
  - The regular use of Retin-A, alpha hydroxy acid (AHA) products or bleaching creams can be resumed after 4-5 days.
  - It is imperative that you use sunscreen with an SPF of at least 30 and avoid direct sunlight for at least one week.