

## Post Chemical Peel Instructions

Chemical peels are topically applied acids that aid in the restoration and rejuvenation of the skin's surface. The solution is applied to the skin which causes a controlled shedding and exfoliation of light to medium depth layers of the skin. This process allows acceleration and regeneration of new skin cells. Chemical peels can help even out skin tone and texture, acne and keeping the skin looking young.

Allow a minimum of 12 hours after treatment before washing off the peel due to possible reactivation of the peel with water, resulting in complications.

After the treatment and depending on the peel, you may experience mild sunburn- like sensation. This usually lasts anywhere from 2 to 24 hours, but can persist up to 72 hours. Mild swelling and /or redness may accompany this, which usually resolves in 2 to 3 days. In some cases, prolonged redness or blistering may occur.

Depending on the nature and the depth of the peel chosen, you should not necessarily expect to peel. However, you may have light flaking of the skin for a couple of days. Medium depth peels may cause more intense peeling and last any from 5 to 10 days.

Follow the appropriate home care regimen suggested to you by your esthetician immediately following the peel. Once proper time has been allowed, return to your normal skin care regimen.

**Do not pick or pull any loosening or exfoliating skin.** This could potentially cause hypo pigmentation (lightening of skin) or hyper pigmentation (brown spots). Be patient and allow natural skin sloughing or exfoliation to occur.

**Very limited sun exposure is a must.** Try to avoid the sun two weeks before and after chemical peels, other than going in and out from your car into a building. Wear a hat if you need to. Use a sunscreen with UVA and UVB protection of SPF of 30 or higher.

Do not resume topicals including: Retin A, Differin, Tazorac, retinol, glycolic, and salicylic acids until **48 hours after** peeling ceases – usually 7-14 days.

### **FOR THE NEXT 2-3 DAY RECOVERY**

DO NOT PUT FACE DIRECTLY INTO HOT SHOWER SPRAY

DO NOT USE SAUNA, STEAM, OR HOT TUBS

DO NOT GO SWIMMING

DO NOT DO ANY THING THAT WOULD CAUSE EXCESSIVE PERSPIRATION

DO NOT USE ANY SCRUBS OR BUFF PUFFS

Use mild and gentle cleansers with tepid water and mild moisturizers. You can use unpetroleum jelly, Vaseline, or Aquaphor over extremely dry areas or if a blister occurs.

Call your aesthetician if there are any prolonged complications at **864-233-8088**.



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