



Pre 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 sloughing and exfoliation of light to medium depth layers of 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.

Contraindications (we do not do chemical peels if you have any of the following conditions)

- Pregnancy or active breast feeding, unless advised otherwise by a physician
- Active cold sores, herpes simplex, or warts in treated areas
- Wounded, sunburn, using a tanning bed, or excessively sensitive skins
- Dermatitis and inflammatory Rosacea
- Accutane use within the last six months
- History of chemotherapy or radiation therapy in the area being treated
- Allergies to salicylates (aspirin)

Avoid the following products 5 days prior to chemical peel

Retin A, Renova, Differin, Tazorac; any product containing retinol, alpha hydroxy acids, beta hydroxyl acids or benzoyl peroxide, as well as any other products that may be drying or irritating, and all self tanners.

Avoid the following procedures 1 week before and after chemical peel (in treated areas)

Electrolysis, waxing, depilatory creams, laser hair removal, botox and filler injections

***Limit sun exposure (no sunburned skin) and no tanning bed use**

***Avoid shaving in treated areas on day of peel**

***Procedures, including Fractional 1540 and IPL may be performed 1 to 2 weeks after peel, when sensitivity and flaking completely resolves**