

PRE/POST CARE INSTRUCTIONS

CHEMICAL PEEL:

Pre Care Instructions:

- Avoid any irritants such as retinoids, glycolic and salicylic acids, benzoyl peroxide, etc. for 5-7 days prior to your treatment.
- Do not wax, tweeze or use depilatory creams for several days before treatment.
- Do not have a suntan.
- No botox or dermal fillers for 2 weeks prior to treatment.

Post Care Instructions:

- Beginning the day of the peel until peeling is complete, use a gentle cleanser. Avoid scrubs, exfoliants and acne cleansers unless otherwise instructed. Avoid using a Clarisonic brush during the peeling process.
- Avoid picking or assisting the peel to come off. Treat the skin gently.
- Do not use retinoids, glycolic and salicylic acid, benzoyl peroxide, etc. for 5-7 days post treatment.
- Refrain from using makeup for several hours after the peel.
- Use a gentle moisturizer. Do not use a moisturizer that contains exfoliants or irritating ingredients.
- Your skin will become more sun-sensitive. Avoid sun exposure as much as possible. Use a broad spectrum sunscreen with an SPF of at least 30. Wear a wide-brimmed hat if you will be outside for an extended period of time.
- You may resume waxing and tweezing after about 8 days as long as you are no longer peeling or feeling sensitive.
- By the end of the second week, you should be able to tolerate retinoids, glycolic and salicylic acids.
- It is not recommended to workout or sweat for 24-48 hours post peel.

What to Expect Post Treatment:

- Beginning on Day 1, your skin may appear red. This will improve over several hours.
- Your skin will feel slightly tight to very tight on Day 2. By the end of Day 2, your skin may begin to flake off. Sun damaged spots may turn darker prior to peeling.
- On Day 3, your skin may flake, peel and feel tight. You can use a hydrating cream throughout the day and should continue to reapply your SPF.

Complications:

- If you feel like you are developing an adverse reaction or an infection, please call our office during business hours. If you are concerned about a serious reaction, seek immediate medical attention.

If you have any questions or concerns do not hesitate to contact SpaDerma at 773-529-5277