

Chemical Peel Pre + Post Care

Important: This treatment involves visible skin shedding and has downtime.

Expect light to moderate peeling that can last 3-7 days, depending on the peel depth and your skin's sensitivity.

PRE-TREATMENT CARE:

- Avoid retinols, exfoliants, AHA/BHA acids, and acne medications.
- No waxing, laser treatments, or aggressive exfoliation on the area.
- Limit sun exposure and avoid tanning.
- Discontinue use of any irritating skincare products.
- Hydrate your skin using a gentle, nourishing moisturizer.
- Notify your provider if you're using prescribed topicals or have active breakouts, open wounds, or a history of cold sores.

POST-TREATMENT CARE:

- Do not pick, peel, or scratch flaking skin - allow it to slough off naturally.
- Avoid sun exposure and apply broad-spectrum SPF 30+ daily.
- No heat, sweating, or hot environments (e.g. saunas, hot yoga) for 48 hours.
- Use your post-care skin care kit as recommended to support healing and hydration.
- Stick to gentle cleansers and moisturizers only - no active or exfoliating ingredients for at least 7 days.
- Avoid makeup for 24 hours, or until skin finishes peeling.
- Hydrate often! Drink water and moisturize to help soothe skin during shedding.

IMPORTANT:

- A follow-up session is recommended in 2 weeks to assess your skin and support long-term results.
- Always reach out if you experience any discomfort or have questions during your healing phase.