

CHEMICAL PEEL PRE AND POST CARE

Pre Treatment

Cleansing:

Cleanse the skin twice daily with plain, lukewarm water and gentle cleanser. Do not rub, scrub, or use an exfoliant before (or after treatment).

Moisturizer:

It is possible to apply moisturizer at any time. Moisturizers should not contain fragrances, color, or any essential oils. We have several recommended options in the spa that have been proven safe and improve results.

Products:

Do not use any Retin A or retinol-containing products for at least three days before any chemical peel. We recommend using hydroquinone before treatment (contact us if you have a darker skin tone and have questions). Stop hydroquinone three days before treatment.

Medications:

If you are prone to cold sores and want a prescription for Valtrex, please get in touch with us or your doctor – this is necessary for any laser near your mouth.

Post Care

- Once your skin is cool, use a calming, clean moisturizer. We do not recommend any moisturizer with color, fragrance, or essential oils. We have suggested that Alastin products be available for purchase at the spa. Using a moisturizer with petroleum may be suited for individuals who receive more graduated coverage ONLY AFTER 24 HOURS once the skin is incredible. The cream may be sufficient for less aggressive treatments. An alternate product recommendation is Vanicream (Target or Walmart)
- Cleanse the skin twice daily with plain, lukewarm water and a gentle cleanser for the first few days following the treatment. Again, we recommend our Alastin products. Alternate product – Cetaphil or CeraVE. To properly cleanse your skin, use your hands to apply the cleanser and water gently. Afterward, pat dry with a soft cloth. It is important not to rub or scrub the treated area.

Using an exfoliant or skin care brush, like Clarisonic, can cause scarring and pigmentation complications.

- Flaking and peeling generally occur within 24 hours post-treatment, and allowing them to come off naturally is advisable. **DURING THE HEALING PROCESS, DO NOT PICK, RUB, OR FORCE OFF ANY SKIN; THIS COULD CAUSE SCARRING, PIGMENTATION COMPLICATIONS, AND INFECTION!** It will help to promote peeling if you gently wash your skin more frequently.
- It is essential to wear sunscreen every day, starting the day of treatment and using it diligently afterward. We have several options for continued and tinted sunscreens at the spa that we highly recommend. In our beautiful climate, there is never a safe time not to use sunscreen on your resurfaced skin. Cover the treated area with a hat or clothing if direct sun exposure is necessary.
- Typically, after the peeling process is complete, it is possible to apply makeup.
- Once the skin has healed, avoid strenuous exercise and sweating.

When to call us:

There may be some swelling after treatment; if you experience excessive swelling or other signs of infection, please contact us immediately.

Here are some signs of infection:

- Pus-like drainage
- An increase in warmth at or around the treated area
- Fever of 101.5 or greater
- Extreme itching