



Recommended Pre & Post Care for Chemical Peel Treatments

For best results please follow these instructions.

Before Your Chemical Peel:

Day of treatment: Do not wear makeup the day of treatment.

1 week before: Stop using "active" or irritating ingredients, such as tretinoin, retinol, benzyl peroxide, glycolic/salicylic acid, astringents, etc.

2 weeks before:

- No sun tanning or self-tanners
- No chemical peels, dermaplaning, waxing, dermal fillers, etc. (unless previously discussed with your technician)
- If you have a history of herpes or cold sores, we recommend you obtain an anti-viral prescription prior to treatment near the affected area.

Notify your technician of any changes to your health history or medication prior to your treatment.

After Your Chemical Peel:

Avoid sun exposure and use a broad-spectrum sunscreen to minimize the risk of hyperpigmentation in the treated areas and to prevent sun damage.

1-2 days after:

- Do not apply makeup to the treated areas for 24 hours.
- Redness and mild swelling may last up to 48 hours post-treatment, and the skin may remain tight and warm.
- Try to keep cool for 24-48 hours [4 days for VIPEels]. Avoid activities that may cause significant sweating, such as heavy exercise, hot tub or sauna. This may cause blisters and worsen hyperpigmentation.

3-5 days after: Light flaking for a few days is normal. For VIPEels, significant flaking or "sheet peeling" may occur and is normal.

For 1-2 weeks until peeling subsides:

- Avoid using active or irritating ingredients described above.
- Avoid using electric and manual cleansing brushes and scrubs.
- Keep the skin hydrated to decrease flaking and speed healing.
- Avoid using artificial colors, perfumes, emollients, and propylene glycol.
- Do not use home needling rollers, shaving or dermaplaning instruments. This increases the risk of infection.
- Do not exfoliate, rub, pull or peel the skin. Do not pick off peeling skin! These can cause irritation, scarring and hyperpigmentation.

Several treatments are usually necessary to see changes in texture and pigmentation.

You are not a candidate for this treatment if: you are pregnant, are actively being treated for skin cancer, have active eczema/psoriasis, have keloid history, have an active infection, have insulin-dependent diabetes, or have an active herpes outbreak.

In the unlikely event you experience any discomfort, swelling or occurrence not explained above, please call the office to schedule a follow up appointment at (480) 397-1677. If you have a severe reaction or any other symptoms causing you concern, please call your physician immediately at (480) 785-2100.

Additional instructions: _____
