

Chemical Peel Post-Procedure Instructions

To maximize the desired outcome of your chemical peel, we recommend you follow the following post-procedure instructions **following** your scheduled treatment:

Do:

- Pull your hair back and away from your face to prevent you from touching your face.
- Treat skin gently. Wash your face only with a gentle cleanser and cool water. Use your hands only and pat dry no earlier than 4 hours after peel.
- Gently apply a thin layer of moisturizer all over the skin multiple times throughout the day, as needed.
- Use sunscreen (SPF 30+) to protect your delicate facial skin.

Avoid the following to prevent undesired results:

- Touching, picking, or scratching the treated area
- Hot baths or showers (cool or lukewarm water only)
- Saunas, hot tubs, pools, or steam rooms
- Massage or friction in the treated area
- Rubbing your skin dry
- Strenuous exercise and activities that cause you to sweat
- Tanning (sunbathing, sun beds, or fake tans)
- Exfoliating the treated area
- Applying products to the treated area (including make-up, lotions, soaps, powders, perfumes, harsh cleaning products, and self-tanning products)
- Direct sun exposure