

CHEMICAL PEEL(S) POST-CARE INSTRUCTIONS

DAY OF:

- Your skin may be tight and more red than usual. Your skin may feel tacky and have a yellow-to-orange tinge. This is temporary and will begin to fade within a few hours.
- Wait until bedtime or a **minimum of 6 hours** before washing your face or getting your face wet. Sleeping in the chemical peel is safe as our peels self-neutralize.
- You may apply moisturizer after washing your face before bed on the night of treatment.

DAYS 2-7

- Peeling generally begins 36-48 hours after treatment and lasts 2-5 days.
- Avoid retinol up to seven days following treatment or recommendation from your provider.
- Avoid strenuous exercise for 24 hours following treatment.
- **DO NOT PICK OR PULL THE SKIN.** Allow skin to peel at its own pace. Premature peeling of the skin can result in dry, cracked, or raw skin that may develop into post-inflammatory hyperpigmentation.
- **ONLY AFTER PEELING IS COMPLETE:** You may resume the regular use of retinol, alpha-hydroxy acid (AHA) products, or bleaching creams.
- Wait until peeling has completed before having **ANY OTHER FACIAL PROCEDURES**, including facials, microdermabrasion, facial hair removal (including laser hair removal), injections, or injectable fillers.

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If you don't experience physical peeling, it is not a sign that the chemical peel was ineffective. There are many reasons for this, and they are best addressed with your aesthetics provider.

POSSIBLE REASONS:

- Conservative application for patients receiving Vitalize Peel or Rejuvenize Peel for the first time.
- Patients with severe sun-damaged skin may require more than one treatment before the peeling becomes substantial. Severely sun-damaged skin has a rough texture and increased epidermal thickness. These patients will initially see a minimal amount of peeling; in some cases, peeling will not be visible to the naked eye. More peeling will occur with subsequent peels.
- Having chemical peels done regularly, within a short time frame between treatments, or frequent use of chemical or physical exfoliants prior to the peel treatment will increase the penetration of the peeling agents into the skin and, therefore, enhance the procedure's results. However, the amount of visible peeling may decrease.
- The outcome of the peel is not determined by the amount of peeling, but by the results produced, including an improvement in overall skin condition, smoothness of skin texture, etc.