

CHEMICAL PEEL PRE AND POST-TREATMENT INSTRUCTIONS

PRE-TREATMENT INSTRUCTIONS

It is prudent to follow some simple guidelines before treatment to reduce some possible side effects; this can make all the difference between a fair result and a great result. We realize that this is not always possible; however, minimizing these risks is always desirable.

- 5 days before treatment :
 - Stop the use of active products including Retin-A, Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid
- 14 days before:
 - Use a physical sunscreen with at least SPF 30 everyday
 - AVOID laser hair removal or IPL
 - Schedule the appointment at least 4 weeks prior to any special event which may be occurring: i.e., wedding, vacation, etc.
 - AVOID Lip filler and Botox; it can be performed after

POST-TREATMENT INSTRUCTIONS

Immediately after the treatment, there may be slight redness, swelling, tenderness and an itching sensation in the treated area. This is a normal result of a chemical peel. The inconvenience is temporary and generally disappears in a day or two, peeling usually begins 1-2 days after a peel and can extend up to 7 days depending on the type of peel used. If the inconvenience continues, or if other reactions occur please contact us.

- Cold compresses may be used immediately after treatment to reduce swelling.
- AVOID touching the treated area during the 6 hours following treatment so you do not accidentally injure your skin and to reduce risk of infection
- Keep your skin hydrated and use gentle skin care products
- For 24 hours:
 - Wait to apply make up
 - No straining, heavy lifting, saunas, or vigorous exercise
 - AVOID using topical acne medications
- For 2 weeks:
 - AVOID hot environments like saunas /extended UV exposure until any redness/swelling has passed.
 - Be sure to apply an SPF 30 or higher sunscreen. Grab an Alumier MD sunscreen sample from our office to try, if you need one. Also AVOID very cold temperatures
 - AVOID laser treatments, resurfacing treatments, waxing for a minimum of 2 weeks, as there is a possible risk of inflammation at the treatment site if the procedures are performed after treatment.
 - AVOID using retinol or active ingredients for 5-7 days post treatment