

Pre-Chemical Peel Instructions (Salicylic, Lactic, Azelaic Glycolic, Mandelic)

For best results:

- Combine an at-home skin care regimen to maintain smoother, healthier looking skin.

What is a “peel?”

- Accelerated cell renovation of the top layers of skin with diverse objectives including cleaning, nourishing, moisturizing, diminishing aging effects, anti-acne, depigmentation and reducing the appearance of pore size. As the peel penetrates the pores, minor discomfort may occur but disappears quickly. After 5 minutes, the skin is rinsed with water and moisturized.

Instructions:

- 2-3 days prior to peel:
Discontinue use of *any* retinoids, hydroquinone, benzoyl peroxide or topical acne medications.
Use gentle soap for cleansing.
- 1 week prior:
Refrain from waxing, laser or any other procedures.

Precautions:

- You may experience redness & excessive flaking of the superficial layer of the skin. This will be more severe (like a sunburn) if pre-peel instructions are not followed. This will gradually diminish over 2-3 days and the skin will return to normal.
- There is a small incidence of the reactivation of “cold sores” (herpes infection) in patients with prior history of herpes. If this occurs, notify our office for additional treatment.
- For relief of drying side effects, Aquaphor is best to use along with moisturizer.

Janine, Esthetician
248-267-5020

POST PEEL INSTRUCTIONS

For the next several days or so, your skin will experience the post peel renewal. Your skin will shed its dead outer layer. You may or may not be able to see the peeling. When it is visible, peeling begins two to four days after the peel and usually lasts only about three days. In addition, you may feel some mild tightness or itching.

To achieve the best results from your peel treatment, follow these guidelines:

1. Apply lotion, such as Neutrogena Moisturizer, Cetaphil, Dove or CeraVe twice daily or as often as needed.
2. If you will be outdoors, apply a sunscreen with at least SPF15. Avoid prolonged sun exposure between 10 am and 3 pm, when the sun's rays are strongest.
3. When washing your face, do not scrub. Use a gentle soapless cleanser, such as Basic, Purpose, Cetaphil, Neutrogena, CeraVe, or Dove.
4. Resist any urge to peel, pick, or scratch the treated skin. Scarring could result.
5. Do not have any other facial treatments for at least one week after the peel procedure.
6. Wait three days before restarting retinoid creams or other acne products.
7. Make-up may be applied 24 hours following the peel.
8. If you have any questions, please consult your physician.