

B.TOX.BAR.

Chemical Peel Pre & Post Treatment Instructions

About Chemical Peels

Light chemical peels can be used to treat acne, sun damage, pigmentation/melasma, oily skin/large pores, and for overall rejuvenation by flaking off the aged and damaged skin cells. The type of chemical peel is chosen based on the type and severity of your skin condition. Most appointments last 15 minutes and do not require numbing. Treatments can be repeated every 4-6 weeks to start and then every 3 months as maintenance.

Before Your Treatment

- Chemical peels are most effective when the skin is prepped with a good skin care regimen and with continued upkeep between treatments (ask your provider for the best products for you).
- If you have a history of cold sores, please inform our office prior to your visit so that we can prescribe medications to prevent an outbreak.
- Do not wax the areas to be treated 1 week prior to your treatment.
- Stop any over the counter or prescription retinoids at least 3 days prior to the chemical peel.
- Do not exfoliate the skin the day of your treatment.
- Avoid laser treatments at least 2 weeks prior to your treatment.
- Avoid shaving 1 day prior to treatment.
- It is best to bring a hat for sun protection after the peel
- Do not wear makeup to your appointment if possible. We will be cleansing your face thoroughly and removing all makeup before the treatment.

What to Expect After the Treatment

- As the peel is being applied, you may experience a transient sensation of warmth, tingling, and stinging depending on the type of peel. This resolves quickly with fanning. The procedure is generally well tolerated.
- There may be temporary redness after the peel when leaving the office, which typically resolves in 30 minutes, but can last longer, depending on sensitivity and skin type.
- Expect mild to moderate flaking/peeling starting 3-5 days after your treatment and typically lasts 1-7 days.
- Although it may be tempting, do NOT pull and pick at the skin as it is peeling. Allow it to slough off naturally. Do not aggressively exfoliate the skin if it is still healing from the peel.

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Post Treatment Skin Care

- Wash your face two times a day with gentle cleansers (e.g. CeraVe, Cetaphil, Dove Sensitive Skin, or other cleansers recommended by your provider).
- Moisturize your face two times a day with a gentle, fragrance free moisturize (e.g. CeraVe, Cetaphil, VaniCream, etc.)
- Apply a sunblock with zinc oxide or titanium dioxide daily (SPF 30 - SPF 50, e.g Elta MD UV Clear). Reapply every 2 hours if you are out in the sun. It is best to wear hats when possible.
- Restart any retinoids ~ 7 days after your treatment, or after you are no longer peeling, whichever occurs later. You can also restart your normal skin care routine at that time.
- Multiple treatments are needed to achieve maximum results

*For the Perfect Derma Peel™, please follow the recommendations above and the directions that were provided with your home treatment products.