



## **Chemical Peels Pre & Post Instructions**

### **Pre-Treatment**

- Stop all Retinols, Retin-A, Glycolics or any skin resurfacing agents at least 3 days prior to your peel.
- Use a physical sunscreen with an SPF 40 every day for at least 2 weeks prior to peel. (Tizo)
- Stop all benzoyl peroxide products (acne products) or any other product that causes dryness, redness or irritation 4 days prior to peel.
- Hydroquinone (skin lightening prescription) may be recommended depending on your skin type.
- No facial waxing 1 week prior to peel.
- No filler 1 week prior to peel.
- No IPL or Laser Hair Removal 2 weeks prior to chemical peel.
- Botox can be done one week before a chemical peel.
- No sun, tanning or skiing (sun or snow) for 2 weeks prior to peel.
- Start Acyclovir RX 3 days before peel. \*History of cold sores\*

### **Post Treatment :**

- Immediately following peel, skin may experience stinging, burning, tightness, flaking and peeling as it renews itself.
- Do not wash your face until the following morning.
- Do not apply any makeup for 12-24 hours.
- Do not peel, pick, scratch or "help" remove skin.
- Apply moisturizer or hyaluronic acid often and gently.
- Avoid any excessive sunlight for the next 7-10 days.
- Do not apply alpha hydroxyl acids, beta hydroxyl acids, benzoyl peroxide, retinoids or other vitamin A compounds until skin has completely healed.
- No laser treatments, waxing or microdermabrasion until skin is completely healed.
- Wear a physical 40spf sunblock daily. (Tizo)

**If you have any concerns or questions please contact me immediately.**

**Tonya Morris-Cameron RN CMP**

405.202.4427