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CHEMICAL PEEL AFTER CARE

Wash twice a day with a gentle cleanser (Cetaphil, CeraVe).

Liberal apply a gentle moisturizer after cleansing and throughout the day if needed to prevent dryness.

Do not vigorously rub the skin or pick at the flaking skin.

If itching is a problem, over the counter hydrocortisone 1% cream or ointment can be used 2 times a day.

Your doctor may choose to prescribe a stronger medication if needed.

Sun protection is critical. You should not have any sun exposure without broad-spectrum sunblock. It should have UVA/UVB coverage and have a minimum of SPF 30. We recommend something with Zinc Oxide. This includes just driving to work. No tanning beds.

Wait 7-10 days before laser treatments, waxing, use of depilatories or microdermabrasion.

Wait 7 days before the use of Retin-A (tretinoin), Renova, Differin, Tazorac or any other exfoliating agents.

No swimming or sauna use for at least 7 days after each peel.

If you were instructed to take an antiviral medication, please complete the prescribed course.

The procedure can cause swelling, redness, crusting, dryness, skin sensitivity, itching and obvious peeling of the site, which could last for 1-2 weeks. In the days after the peel, the skin may feel and look tight. Preexisting lesions may darken and appear grayish to brown. These are expected reactions.

If you have any questions or concerns please feel free to call
(561) 296-5222