

CHEMICAL PEEL

POST PROCEDURE INSTRUCTIONS

You have had a chemical peel to improve the health & appearance of your skin. Peeling will vary depending on your skin type & the strength of the treatment used.

_____ **Micropeel 20/30** _____ **Advanced Corrective**

**Please follow the care instructions carefully to obtain the best results
& avoid any complications**

1. Wait at least 2 hours before cleansing or showering. Wash with cool water and a gentle cleanser. We recommend Vanicream Gentle Cleanser. Warm or hot water will not reactivate the acid, but it will reactivate the heat, which can cause discomfort. Do not scrub. Moisturize as needed.
2. Avoid excessive/direct sun exposure. Apply sunscreen with zinc and SPF of at least 30.
3. Avoid strenuous exercise for 24-48 hours after treatment. Exercise can exacerbate the inflammatory response and can cause your skin to become inflamed. Sweating excessively after treatment can irritate the skin or cause blistering since sweat is unable to escape through the top layer of dead skin.
4. Do not apply direct acids or any type of exfoliation products for 5-7 days as this can severely damage or irritate the skin. Discontinue any anti-aging or products for correction. Do not use any acne medications or retinoids, such as Retin-A, Tazorac, Renova or Differin for 5-7 days.
5. Make sure that you take any medication given for cold sores & fever blisters as prescribed.
6. Do NOT peel, rub or scratch your skin at any time. This may cause damage & compromise your results as well as possibly result in scarring.
7. If the peeling area is not tender to the touch, you can apply a powder makeup with a brush after applying your moisturizer with sunscreen.

**Please call 205.995.5575 or text 205.627.4207 with any questions or concerns.
We are here to help!**