



## Chemical Peels: Pre and Post Treatment Instructions: Vitalize, Rejuvenize, Glycolic, Salicylic

### Pre Treatment Instructions

- You may not receive a chemical peel if you have active cold sores or warts, skin with open wounds, sunburn, excessively sensitive skin, dermatitis or inflammatory rosacea in the area to be treated. Notify staff if you have any history of herpes simplex
- You may not be pregnant or breastfeeding
- You may not receive a chemical peel if you have taken Accutane® (isotretinoin) within the past year.
- You may not receive a chemical peel if you have recently received chemotherapy or radiation.
- You may not receive a chemical peel if you have vitiligo.
- You may not receive a chemical peel if you have a history of an autoimmune disease (such as rheumatoid arthritis, psoriasis, lupus, multiple sclerosis, etc), or any condition that may weaken their immune system.
- One week before your peel avoid electrolysis, waxing, depilatory creams and laser hair removal.
- Three to five days before your peel, avoid Retin-a, differin and tazorac.
- Avoid any product containing retinol, alpha-hydroxy acid (AHA) or beta-hydroxy acid (BHA), or benzoyl peroxide for three to five days prior to your procedure.
- Do not use exfoliating products, which may be drying or increase irritation.

### Post Treatment Instructions

- Twenty-four hours after skin may be tight and more red than usual. It may also feel tacky– this is temporary and will fade within a few hours.
- Wait until bedtime or at least 4-6 hours before washing your face; start applying moisturizer immediately after if your specific peel requires it.

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- Use a gentle face cleanser. Wash face gently and avoid rubbing skin. Do not use a facial cleansing device (i.e. Clarisonic) until the peeling is complete. Do not scrub or use a washcloth while the skin is peeling.
- Apply moisturizer or Aquaphor as often as needed to relieve any dryness and control peeling. Apply all topical skin care products gently, and avoid rubbing the skin.
- Avoid direct sunlight for at least one week.
- You may resume the regular use of retinol, alpha-hydroxy acid (AHA) products or bleaching creams only after the peeling process is completed.
- Peeling will generally start between 48–72 hours after the procedure and can last two to five days.
- Do not pick or pull the skin. Allow skin to peel at its own pace. Premature peeling of the skin will result in dry, cracked, raw skin that may develop into post-inflammatory hyper-pigmentation.