

# Chemical Peel Post-Care Instructions

Thank you for visiting our office for your chemical peel treatment. Proper aftercare is essential to achieve the best results and minimize complications. Please follow these guidelines carefully:

## What to Expect

- Redness similar to a mild sunburn for 3–5 days
- Tightness and dryness
- Peeling or flaking typically begins 2–3 days after treatment and may last up to 7 days
- Mild sensitivity or tingling
- Photosensitivity

## Post-Treatment Care

- **Cleansing:** Use a gentle cleanser twice daily. Avoid scrubs, exfoliants, or cleansing devices.
- **Moisturizing:** Apply a gentle, fragrance-free moisturizer frequently to keep skin hydrated +/- La Roche Posay Cicaplast Balm or Avene Cicalfate+ cream for extra protectant effect.  
Use a night cream such as Cerave Skin Renewing Night Cream or La Roche Posay Toleriane Double Repair (slightly thicker at night for overnight repair)
- **Sun Protection:** Mineral tinted sunscreen (SPF 30 or higher) daily and reapply every 2 hours when outdoors. Avoid direct sun exposure.
- **Avoid Picking:** Do NOT pick, peel, or scrub the skin. Let peeling occur naturally to prevent scarring or discoloration.
- **Makeup:** May be used 24 hours after treatment if skin is intact and not irritated.

## What to Avoid (for at least 7 days)

- Retinoids (Retin-A, tretinoin), benzoyl peroxide, salicylic acid, glycolic acid, or other exfoliating agents
- Any other actives
- Waxing, threading, or hair removal creams in the treated area
- Heat exposure (saunas, hot tubs, intense exercise) for 48 hours

## Contact our office if you experience:

- Severe pain, swelling, or blistering
- Signs of infection (pus, increased redness, warmth)
- Prolonged redness beyond expected timeframe

## Follow-Up

Results improve over time as your skin renews. Multiple treatments may be recommended for optimal results.

If you have any questions or concerns, please contact our office. We are here to support your skin health and help you achieve the best outcome.