



## Pre and Post Treatment Instructions

### Chemical Peel

Patients with active cold sores or warts, wounded, sunburn, excessive sensitive skin, dermatitis or inflammatory rosacea in the area to be treated should not be treated because the procedure could potentially precipitate a flare up or spreading. Inform the aesthetician if you have any history of herpes simplex.

Patients with a history of allergies, rashes, or other skin reactions may be sensitive to the treatment. Chemical Peels should not be performed on patients with an allergy to salicylates (i.e. aspirin). This procedure should not be administered to pregnant or nursing women.

Chemical Peels is not recommended if you have taken Accutane within the past 6 months or have received radiation or chemotherapy.

#### One Week Prior to Treatment

- Avoid sun exposure
- Avoid exfoliating products and any of the following procedures: Electrolysis, Waxing, Depilatory Creams, and Laser Hair Removal.

#### Two–Three Days Prior to Treatment

- Stop using Retin-A, Renova, Differin (Adapalene 0.1%), or any products containing Retinol, AHA or BHA, Benzoyl Peroxide.
- Do NOT exfoliate – no scrubs, no loofahs, or washcloths.
- Do not shave the area the day of the peel.

#### After Your Chemical Peel

- Immediately after the peel your skin will be a light yellow. This is temporary and will fade in 1-2 hours.
- Patients with sensitivity to the sun should take extra precautions to guard against exposure immediately following the procedure.
- Your skin may be more red than usual for 2-3 days. Please avoid strenuous exercise at this time.
- Approximately 36-48 hours after the treatment, your skin will start to peel. The peeling will generally last 2 to 5 days. DO NOT PICK OR PULL THE SKIN.
- When washing your face, do not scrub. Use a gentle cleanser.
- Apply a light moisturizer in the morning and evening. Use a sunscreen with an SPF of 25 or greater for faces, and avoid direct sunlight for at least 1 week.
- Do not have any other facial treatment for at least one week after your peel.
- You may resume the regular use of Retin-A, alpha hydroxyl acid (AHA) products or bleaching creams ONLY after the peeling process is complete.
- Foundation should not be worn after the peel or during the days your skin is peeling.
- Avoid scrubs, AHA's, glycolic acid, vitamin C and retinol creams for one week.
- After one week, the skin should feel clearer and smoother and the use of normal skin care products can be resumed.



# RIVERSIDE MEDICAL ARTS

Please call our office if you have any additional questions after the procedure.