



### **Aftercare for Chemical Peel**

- Gently cleanse your face twice a day with a gentle cleanser.
- Please do not pick or pull your skin at any time after your peel as it can cause scarring. Your skin will take about 4 to 7 days so completely peel depending on the strength of the peel or treatment you received. Chemical peel on the body, chest, or arms often takes longer (up to 3 weeks).
- Please do not exfoliate using a cleansing brush or any facial scrub or acid-based products for 2 weeks; longer if the peel was done on the body.
- Do not use any products that contain AHA, Glycolic, Retin-A, or any acne medication until your skin has finished peeling (usually 7 days but possibly longer).
- Keep skin well-hydrated by drinking at least three 8-ounce glasses of water per day and use moisturizing throughout the day with a good moisturizer, both day and night. Reapply throughout the day as often as needed. Your skin should never be so dry that it is cracking or sore.
- Refrain from waxing, tanning, or using sunbeds for 3 weeks.
- Avoid working out and sweating for at least 24 hours and up to 48 hours.
- **Do not** get your hair dyed until a week after you have finished peeling, if your treatment was performed on the face or neck. For most people, 3 weeks post-peel is the best time to have your hair color treated.
- If your skin becomes itchy at any time, you may use 1% Hydrocortisone cream (any brand).
- You may **GENTLY** apply a cold compress to the treated area(s) as needed for any burning or irritation associated with your treatment.
- Finally, use SPF 30 or higher consistently throughout the day. REAPPLY the sunscreen as this will help prevent your skin from burning in the sun (even when it is cloudy or when sitting by a window) and will minimize the chance of more sun damage and discoloration.