

## CHEMICAL PEEL PRE AND POST TREATMENT

### **BEFORE THE PEEL- one week before your peel**

1. Stop all acne medications and exfoliation products one week before your chemical peel is scheduled. (Such as any retinols/ Retin-A, Tazorac, Differin, Epiduo, Finacea, alpha and beta-hydroxy acid products) Failure to do so may result in potential for more complications and potential scarring.
2. Avoid sun exposure and NO TANNING BEDS. Both sun and tanning beds can make your skin too sensitive for the procedure. Wear your sunscreen! If you are peeling or sunburned, your chemical peel will have to be rescheduled.
3. Do not have any other cosmetic procedures done 1-2 weeks before your chemical peel (facials, threading, eyebrow and face waxing)
4. Use only mild cleansers and moisturizers at least 3-5 days prior to the procedure. Epionce Milky Lotion Cleanser or Gentle Foaming Cleanser are good choices.
5. Do not wear makeup to your chemical peel.

### **AFTER THE PEEL**

1. It is important not to scrub your face when washing. Use only gentle cleansers as listed above.
2. You may experience some temporary swelling, redness, blotchiness, or dry patches. If you see some flaking, resist any urge to peel, pick or scratch the treated skin. You may look like you have bad sunburn before it heals. You can use Epionce Medical Barrier Cream to treat the dry areas.
3. There may be a risk of developing skin discoloration particularly if you expose your skin to the sun within several days following the procedure. Wearing a physical sun block of both UVA and UVB rays is highly recommended to prevent any hyperpigmentation. EltaMD Physical SPF 41 Broad Spectrum and Epionce SPF 50 sunscreen is recommended.
4. Do not have any other facial treatments for a least a week after the procedure.
5. You can restart your home products and topical medications approximately 10-14 days after the procedure.

If you have any questions, please call the office