

## **MEDICAL GRADE CHEMICAL PEEL PRE- AND POST CARE**

### **Pre-Treatment Instructions**

For best results, it is advised to **avoid** sun exposure and the following products & procedures for at least 1 week:

- Electrolysis
- Waxing
- Depilatory creams
- Laser hair removal
- Any exfoliating products
- Any products that may be drying or irritating, including products containing salicylic acid, alpha hydroxy acids, vitamin C, hydroquinone, retinoids, and prescription medications.

### **Post-Treatment Instructions**

- After receiving a chemical peel, the skin may look and feel like a mild windburn with itching, stinging, redness, heat and/or tightness for the next number of days. After 48 hours of a superficial peel, flaking may occur for 3 to 5 days which can easily be controlled with moisturizers. After 72 hours of a medium depth peel (such as a VI Peel), a more extensive exfoliation will occur for the following 3-7 days.
- It is recommended that makeup not be applied the day of treatment, as it is ideal to allow the skin to stabilize and rest overnight.
- Moisturizer should be applied at least twice a day but can be applied more frequently for hydration and to decrease the appearance of flaking.
- For the initial 2 days post procedure, the patient needs to:
  - Stay cool! Even heating internally can cause hyperpigmentation.
  - Use the post procedure creams the practitioner at RejuvenationMD recommended for 3 to 7 days or until flaking has resolved.
  - Avoid direct sun exposure and excessive heat. An SPF of 30 or greater **MUST** be used daily.
  - Not put treated area directly into a hot shower spray or use hot tubs, steam rooms or saunas.
  - Not go swimming.
  - Not participate in activities that would cause excessive perspiration.
  - Not use loofahs or other means of exfoliation.
  - Not direct a hair dryer onto the treated area.
  - Not apply ice or ice water to the treated area.
- Do not go to a tanning bed for at least two weeks post procedure. This practice should be discontinued due to increased risk of skin cancer and signs of aging.
- Do not pick or pull on any loosening skin. This could potentially cause hyperpigmentation.
- Do not have any other aesthetic treatment until the provider at RejuvenationMD releases the patient to do so.
- The patient may resume the regular use of retinoids, alpha-hydroxy acid, beta hydroxy acid, vitamin c or bleaching creams **ONLY** after peeling process is complete.
- If no peel is visible within 7 days of treatment, the patient should contact the office to schedule a follow up with their provider.