

Post Chemical Peel Treatment & Instructions

For the next 48 hours, strenuous exercise, or any activity that causes excessive perspiration is not recommended. It is important that NO TANNING is done while you are undergoing these treatments, as you may burn severely and reduce the results that may be obtained. Sunscreen with an SPF of 30 or higher must be worn at ALL times. Glycolic Acids/Retinoid/Alpha Hydroxy Acids (AHA) usage should be discontinued for 2 weeks before and continued for 14 days after your treatment as this can severely damage or irritate your skin. DO NOT peel, rub or scratch your skin at any time. This WILL cause damage and compromise your results as well as possibly cause severe scarring. Refrain from waxing, electrolysis or depilatories for at least 14 days. Do not get Collagen or Botox Injections for at least 14 days after the procedure. Drink additional water. Your treated skin may be sensitive to any alpha hydroxyl products, retinoids products, some tyrosinase-I nhibitors and the sun for a number of days.

DO's	DON'Ts
Maintain hydration (both topically and internally) by drinking plenty of water	Avoid aerobic or vigorous exercise for the first 48 hours.
Moisturize and reapply sunscreen several times during the day, as needed. AVOID direct sunlight! Sunscreen is ONLY good for 2 hours! For a TCA Peel – Do not wash your face the first day. 2 nd day – cleanse morning and night and apply moisturizer and sunscreen during the day. Pat dry DO NOT RUB. You will notice a tight, dry face for the first few days with peeling starting around day 4 to day 6. This peel process can last from 1 to 2 weeks.	Avoid tanning beds during the series of treatments. Avoid anything that will cause you to have your skin peel or come off before it's ready or it can result in scarring. Avoid hot baths, showers and hot yoga.
Cleanse the skin with Cetaphil Gentle Cleanser and Cetaphil moisturizer with SPF of 30 or more. DO NOT use any other products during this 2 week period!	DO NOT exfoliate your face for 14 days.
Get plenty of rest while you are undergoing the skin treatments	DO NOT peel, rub or scratch your face! This can result in scarring.

If you have any questions regarding the post or pre skin procedure care of your skin, or if you want to discuss the skin products used in the office please contact me at 719-216-1739.

I have received a copy of these instructions and verbalized an understanding of the instructions.

Name _____ Date _____