

CHEMICAL PEEL

Before & After Care Guide



PRE-TREATMENT INSTRUCTIONS

- 3 DAYS BEFORE AND AFTER treatment: AVOID topical products such as Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, Salicylic Acid, or other “anti-aging,” “acne,” and “bleaching” products. Also AVOID waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.
- Avoid prescription retinoids such as Tretinoin (Retin-A) and Renova and for 1-2 weeks pre- and post-peel.
- Inform your provider if you have a history of facial and/or nasal herpes to receive advice on antiviral therapy prior to treatment.
- Do not have a chemical peel or a TCA peel if you are pregnant, breastfeeding, or allergic to any of its ingredients. Please inform your provider if you have any questions about this prior to the treatment.

DAY OF TREATMENT

- Try to arrive to the office with a “clean face.” Please do not wear makeup, if possible.

IMMEDIATELY AFTER TREATMENT

- Following your visit:
 - **If receiving the peel in the AM**, you should leave the peel on all day. Wash your face with a mild cleanser (i.e. CeraVe® Foaming Cleanser) that night.
 - **If receiving the peel in the PM**, you should leave the peel on overnight. Wash it off the following morning, using only your hands (no washcloth, loofah, brush, etc.).
- If you experience extreme discomfort, you may wash the peel off prematurely; however, you may lose some or all of the effectiveness of the peel.
- DO NOT rinse or wash the face or use any skin care products during this leave-on period.
- AVOID UV exposure/direct sun for 2 weeks—wear a hat and sunscreen if going outside.
- You may experience some tenderness of the face that can last for a few hours or a few days.
- Redness and swelling are normal.
- AVOID exercise, strenuous activities (with the exception of light walking), hot tubs, and facial scrubs for the first 24 to 48 hours following treatment.

AFTER TREATMENT (START OF PEELING PROCESS)

- Timeline:
 - Day 1 – skin will be a yellow color
 - Days 2-3 – skin will be a pink color
 - Days 3-5 – skin will peel
- Wash face with a gentle cleanser (i.e. CeraVe® Foaming Cleanser) using your hands only.

Dr. Christine Fisher

1015 E 32nd St
Plaza St. David, Suite 306
Austin, TX 78705

Phone: (512) 815-0123
Fax: (512) 861-6206
After hours: (512) 323-5465

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- AVOID using a Clarisonic® or any facial brushes or devices for a minimum of 5 to 7 days.
- Gently pat dry skin.
- Apply a Zinc or Titanium-based sunscreen with an SPF of 30 or higher.
- Apply a moisturizer such as Derma E® or Aquafor® to protect, soothe, and hydrate the skin. Apply as often as needed for comfort.
- You may apply makeup once skin has stopped aggressively peeling.
- **By the 3rd and 4th day, the peeling will be the heaviest.**
- Do not pick or pull on the skin. Let the skin shed as its own rate.
- After this peeling phase, your skin may look or feel like a mild windburn for the next 2 to 3 days.
- Up to one week, mild to moderate flaking will occur.
- Avoid glycolic acids, Vitamin C, scrubs, Tretinoin (Retin-A), and Retinol creams for 2 weeks.
- Avoid hair dye for 7-10 days.
- Avoid sun exposure and sun lamps.
- Wait a minimum of 6 weeks (or as directed by your provider) before receiving any additional skin care or laser treatments.

EMERGENCIES

** After hours, call Medlink Paging Service at (512) 323-5465

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