

Chemical Peel Post Care Instructions

Patient response can vary after a chemical peel treatment. The degree of redness and length of healing time will increase with the depth of your peel.

Tips to help you through recovery:

- If you receive your peel in the morning, leave it on all day and wash your face with a mild cleanser that night. If you receive your peel in the afternoon, leave it on all night and wash your face with a mild cleanser the next morning.
- If you experience extreme discomfort, you may wash the peel off prematurely. However, you may lose some of the effectiveness of the peel.
- Do not use any skin care products during this leave-on period.
- Avoid UV exposure/direct sun for two weeks. Always wear sunscreen.
- 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 strenuous activity, hot tubs, and facial scrubs for the first 24-48 hours.
- Timeline of expected results:
 - Day 1 – skin will be a yellow color
 - Days 2-3 – skin will be a pink color
 - Days 3-5 – skin will peel
- Avoid using a Clarisonic or any facial brushes or devices for 5-7 days.
- Apply physical sunscreen with SPF 30 or higher.
- You may apply Aquafor to skin for hydration and comfort.
- You may apply makeup once the skin has stopped peeling.
- Do not pick at the skin as it peels, let it do so at its own rate.
- After the peeling has completed, your skin may look or feel like a mild windburn for the next 2-3 days.
- Avoid glycolic acid, Retin-A, retinols until peeling has completed.

There may be some degree of swelling immediately post treatment. However, if you have excessive swelling or any of the following signs of infection, you should contact the office immediately at 512-815-0123. Signs of infection include:

- drainage
- increased warmth at or around the treated area
- fever of 101.5 or greater