

SUPERFICIAL CHEMICAL PEEL POST-PROCEDURE CARE

Vaseline or hyaluronic acid serum may be applied to the skin after the chemical peel. It is important to the health of your skin and the success of your procedure that you follow the recommendations listed below.

At Home Post Care:

1. Redness

Most patients will have minor redness immediately following and for 2 hours, if not longer, after the peel. Peeling or flaking usually occurs after 3-5 days. Not all skin types will peel; this is normal. Peeling is a side effect of the chemical peel, not the treatment. The treatment still has therapeutic effects even in the absence of peeling.

2. Moisturization and Vaseline application

We recommend the use of Vaseline to be applied to the face at least three times a day until the skin is no longer rough and dry in texture. Additionally, you may apply a moisturizer of your choice that is hydrating to the skin whenever you feel it is tight, dry, or rough.

3. Sun Protection and Avoidance.

Your skin is more sensitive to the sun immediately following your treatment and sun avoidance is crucial for success of your peel results. Diligent sun avoidance for at least 48 hours after the chemical peel is advised. Sunscreen with an SPF of at least 30 should be applied every day and can be applied on top of a moisturizer or thick emollient such as Aquaphor or Vaseline.

4. Gentle Cleansing

The treated area may be washed gently with a mild soap without use of exfoliating agents. Skin should be patted dry & not scrubbed.

5. Avoidance

Do not apply prescription topical medicines, bleaching creams, or prescription face washes until the redness and peeling has resolved. Doing otherwise can cause irritation and worsening redness. Discontinue topical retinols/retinoids until skin is smooth and no longer rough or peeling. Wait until flaking and peeling has completely subsided before other facial procedures including (but not limited to) laser treatments, waxing, hair removal creams, facials, or microneedling. You may return to your normal skin care routine once peeling and dryness has resolved (typically 5-7 days after peel).