

Post Procedure skin treatment tips

For two-days post procedure:

- Stay cool! Heating internally can cause hyperpigmentation.
- Do not put the treated area directly into a hot shower spray.
- Do not use hot tubs, steam rooms, or saunas.
- Do not go swimming.
- Do not participate in activities that would cause excessive perspiration.
- Do not use loofahs or other means of mechanical exfoliation.
- Do not direct a hair dryer onto the treated area.
- Do not apply ice or ice water to the treated area.
- **Always wear your sunscreen!**

General Guidelines:

- After receiving a chemical peel treatment, you should not necessarily expect to “peel”. However, light flaking in a few localized areas for several days is typical. Most patients who undergo these treatments have residual redness for approximately one to twelve hours post-procedure.
- As with all peels and treatments, it is recommended that make-up not be applied the day of treatment, as it is ideal to allow the skin to stabilize and rest overnight; however, make-up may be applied 15 minutes after the treatment if desired.
- If the skin feels tight, apply a moisturizer and / or sunscreen.
- Moisturizer should be applied at least twice a day but can be applied more frequently for hydration and to decrease the appearance of flaking.
- It is recommended that other topical, over-the-counter medications, or alpha hydroxy acid products, not be applied to the skin seven days post-procedure, as they may cause irritation.
- It is recommended to delay use of Treninoin, Retin-A®, Differin®, Renova®, Tazorac®, Avage®, EpiDup® or Ziana® five days post-procedure. Consult with your physician before temporarily discontinuing use of any prescription medications.
- Avoid direct sun exposure and excessive heat.
- Do not go to a tanning bed for at least two weeks post-procedure. This practice should be discontinued due to the increased risk of skin cancer and signs of aging.
- Do not pick or pull on any loosening or peeling skin. This could potentially cause hyperpigmentation.
- Do not have electrolysis, facial waxing and/or depilatories for approximately 5 days.

Do not have another treatment until your clinician advises you to do so.