

SKINCARE AFTER CHEMICAL PEEL

After treatment:

Day 1: Your skin will appear sunburned today and will continue to get redder as the day continues. It will begin to feel tight and like you have a sunburn. You will want to avoid wearing tight fitting glasses for the first day or two. Pressure from the nose piece could cause deepening of the peel in that area. Only wear makeup if necessary after your peel.

Day 2: Your skin will continue to feel very tight. The top layers of skin are dehydrating. You will look like you have an uneven sunburn/tan. You may still feel comfortable in public today. By the end of the day your skin may begin to flake, usually starting between your eyes, around your mouth and nose. Sun damaged spots will turn darker prior to peeling. Rinse your face with water today. Use your hands only and cool or tepid water generally feels best. Do not use a cleanser or moisturizer. **DO NOT PEEL THE SKIN.** If any area is irritated, mild hydrocortisone cream, aquaphor, or Vaseline Creamy can be used. **Do not use Vaseline alone or Neoprin.**

Day 3:

Your skin will flake, peel and feel very tight today. **DO NOT** peel the skin at any time. If you were to peel skin that is not ready to come off, you can cause scarring. You may carefully use manicure scissors to clip any hanging skin. Today, and tomorrow you will probably want to avoid making any social plans.

Begin using a gentle cleanser today and a strong hydrating cream. Glymed Repair Cream is a good hydrating cream. **Do NOT** use SPF or retinoids, retinol, acids, astringents or vitamin C. You must completely avoid the sun during this time. This is the last day you should use hydrocortisone to irritated areas.

Day 4:

The majority of peeling takes place between days 3 and 4. Continue with cleansing and moisturizing. Some areas will have completely peeled and other areas may have not peeled at all. This is normal.

Continue gentle cleansing and heavy moisturizing. Still avoid sun exposure for the next two weeks. You may begin to wear SPF, if it is not irritating.

Day 7:

You may be seen today for a microdermabrasion treatment to remove the remaining flaking skin. Ease back into your skin care products. Wear sunscreen at all times following your microdermabrasion treatment.

Between week 1 and week 2:

You may resume waxing, tweezing or depilatory creams during this week. By the end of the second week you should be able to tolerate glycolic, salicylic, vitamin C, and retinol, retinoid products. You will notice your skin is pink for about one more week. Remember, daily sunscreen with an SPF of 30 is recommended to maintain your improved skin.

If you have questions at any time, please call the office at 508-626-8346