



Post Chemical Peel Instructions

1. Avoid direct sunlight and wear a sunscreen with **SPF 30** or higher for at least 2 weeks following your treatment.
2. Discontinue the use of hydroxy acid and retinol/ retinoid (Retin A, Tretinoin, Differin) containing products for approximately 1 week after treatment or until skin has completely healed. Many OTC products contain these ingredients, so please read the label carefully as use of these products post chemical peel may cause severe irritation.
3. Do not use harsh scrubs or abrasive loofahs following treatment.
4. Do not pick or prematurely peel skin as this may cause hyperpigmentation and/or surface scarring. You may apply a gentle fragrance free moisturizer (Cetaphil) to any areas of the face that are peeling several times daily.
5. Some itching and redness of the skin is normal after your treatment. If you experience extreme redness or itching, please apply topical 1% hydrocortisone cream mixed with your daily face lotion several times a day to the face. You may also take Benadryl to help relieve these symptoms.
6. Swelling may naturally occur as the skin's tissue has been disturbed. The application of a cool compress to the skin may be helpful.

If you have routine questions or concerns, please call the office during regular business hours at (864) 214.5232. If you have urgent concerns after office hours, call the number you were given during your appointment. In case of emergency, call 911.