**Chemical Peel Pre and Post Treatment Instructions**

**Pre-treatment Instructions:**

. Avoid Accutane or Isotretiroin for the past 6-12 months

. Avoidance of IPL/Laser and other chemical peel procedures, unprotected sun exposure or sunburn for 2 weeks prior. Sun exposure within 72 hours.

. No Botox or Filler injections for up to 3 weeks prior to treatment.

. No waxing or depilatory creams or electrolysis to area treated 5 – 7 days prior

.No exfoliating products with grains the day of the peel.

. If you are prone to cold sores, it is recommended to take antiviral agent for 2 days prior to your appointment and day of treatment.

**Contraindications:**

. Pregnancy

. Actively infected or actively inflamed skin

. Skin irritation or recent surgery sites

. Cystic acne to area being treated,

. Keloid scars

. Sun burn

. Extensive telangiectasia and rosacea.

Cancer patients getting treatments.

Diabetic or autoimmune disorders

**Day of treatment:**

. Skin is clean without lotion, oil, makeup, powder, perfume or sunscreen. Inform provider of any relevant changes in your medical history and of all mediations you are currently taking.

**Post-treatment Instructions for Chemical Peels**

. A chemical peel procedure can exfoliate up to 25 microns of the top surface (stratum corneum) of your skin. The stratum corneum is made of dead skin cells that provide a buffer of your living skin cells. Therefore, any substance applied to your skin post-treatment is absorbed very quickly and deeply because you no longer have a buildup (buffer) of dead skin cells.

. Avoid using AHA’s, Vital C, retinols on the day of your treatment

.Your skin will be most vulnerable for the first 24-48 hours. The risk of getting a sunburned followed by a chemical peel increases dramatically!

. After a few days, you may experience some dry skin and mild peeling after your treatment

. A slight rosy glow may appear for approximately 24 – 48 hours after your treatment. Your skin may feel “wind burned.”

. You may resume your daily activities or return to work immediately. Cosmetic makeup can be applied following a treatment; HOWEVER we strongly recommend only using mineral makeup- such as Aveda.

. A post-treatment skin care kit will be provided to use after your treatment for the following week.

. You must protect your skin every day with a full spectrum sunscreen that protects both UVA and UVB with an SPF of 30 or higher. We recommend you use a sunscreen containing zinc oxide and titanium dioxide to provide you with a full spectrum protection. Avoid any direct sun exposure, All tanning and tanning beds MUST be avoided.

. You may resume prescription retinoid products or retinol, AHA, vit C products 7 days after your last treatment.

. Avoid heavy exercise for at least a few hours after procedure. Cold compresses can provide relief from the “wind burned” feeling.

. If you are noticing some peeling of the skin, it is super important not to pick at it or take it off! Try your best to leave these pieces and let them naturally come off.

.if you have any questions or concerns, please contact your technician at 780-753-2664.