

Chemical Peel

Aftercare Instructions

What to expect after your peel

- Warmth and redness for up to 3 days
- Sensitivity to extreme heat or hot water and certain products
- Peeling will start approximately 48 hours after the administration of the peel, and will vary based on the depth of the peel. This usually lasts 3-5 days.
- It is normal to peel most aggressively around the mouth or other expressive areas of the face.
- Some patients may not peel but rather experience mild dryness and flakiness. This is normal and doesn't necessarily mean the peel was ineffective.
- Please alert the provider if you get cold sores, as a prophylactic medication is recommended.

What to avoid

- Do NOT peel or pick at the skin as it starts to peel. Allow it to slough off naturally and moisturize frequently.
- Discontinue any prescription and non - prescription retinoids for at least 7 days. Examples include Epiduo, Tretinoin, RetinA, Veltin, Differin, Fabior, Tazorac, Alpha Ret, Renova.
- Do not use any exfoliants, scrubs, cleansers that contain active acids (i.e. glycolic acid, salicylic acid), benzoyl peroxide, or micro beads.
- Waxing or Shaving for 14 days or until peeling has resolved
- Absolutely NO makeup for 7 days post peel. Makeup brushes and sponges can be a breeding ground for bacteria and significantly raise the chance of infection.
- Please avoid sunlight as much as possible.

What is OK

- You may use a gentle soap free cleanser for the next week. Fresh Face Cleanser, Cerave, La-Roche Posay are great options.
- After cleansing we recommend moisturizing with Cicaplast Balm, but it is safe to use a brand new tube of vaseline or aquaphor. If you use something other than these, please ask your provider if this is a good post care option.
- Always wash your hands before applying Vaseline.
- SPF! You MUST use SPF 40 or greater daily for the next 30 days.
- Moisturize frequently throughout the day for comfort, be sure to wash your hands to minimize any chance of infection.
- Hydro Plump serum, Needle Free serum, and Thermal spring water will also help keep the skin hydrated and comfortable.

If you experience open sores, yellow crusting, blistering, prolonged redness, or suspect an infection, please call or text our office at 248-338-6400. Follow the instructions on the voicemail to reach the physician after hours.