

CHEMICAL PEEL

POST PROCEDURE INSTRUCTIONS

You have had a chemical peel to improve the health & appearance of your skin. Depending on your skin type & the strength of the treatment used, you can expect to peeling 1-2 days after the peel was performed & continue to peel for 2-10 days.

_____ **Micropeel 20/30** _____ **Advanced Corrective** _____ **Retinol Booster**

Please follow the care instructions carefully to obtain the best results & avoid any complications

1. You will cleanse your face as usual but use a gentle cleanser. We recommend Free & Clear or Vanicream Gentle. Gently cleanse your skin. Do not scrub. Wait at least 2 hours before washing; the water will not reactivate the acid but it will reactivate the heat & you may experience discomfort.
2. Avoid sun exposure. Moisturize as needed & apply sunscreen with zinc & an SPF of at least 30. Do not allow scabs to form.
3. Do not apply any type of glycolic acid or exfoliation products as this can severely damage or irritate the skin. Stop any anti-aging or products for correction. If you are using medications for acne, discontinue these until skin stops peeling. Discontinue any retinoids including Tazorac, Retin-A, Renova, & Differin.
4. Make sure that you take any medication given for cold sores & fever blisters as prescribed.
5. Do NOT peel, rub or scratch your skin at any time. This may cause damage & compromise your results as well as possibly result in scarring.
6. If the peeling area is not tender to the touch, you can apply a powder makeup with a brush after applying your moisturizer with sunscreen.

If you received the Retinol Booster:

This tube contains 4 applications. Starting the day after your peel, apply a thin layer to a clean face every night for the next 4 nights. The Retinol Booster will increase the amount of peeling you get from your treatment.

Please call us at 205.995.5575 with any questions or concerns. We are here to help!