



## **CHEMICAL PEEL PRE- & POST-TREATMENT GUIDELINES**

### **Pre-Treatment Instructions**

For best results, it is advised to avoid sun exposure and the following products & procedures at least 1 week prior your treatment:

- Electrolysis
- Waxing
- Depilatory creams
- Laser hair removal
- Any exfoliating products
- Any products that may be drying or irritating, including products containing salicylic acid, alpha hydroxy acids, vitamin c, hydroquinone, retinoid, and prescription medications.
- Shaving of the area to be treated

### **POST-Treatment Instructions**

For two days post procedure:

- Stay cool! Heating internally can cause hyperpigmentation.
- Do not put treated area directly into a hot shower spray.
- Do not use hot tubs, steam rooms or saunas.
- Do not go swimming.
- Do not participate in activities that would cause excessive perspiration.
- Do not use loofahs or other means of exfoliation.
- Do not direct a hair dryer onto the treated area.
- Do not apply ice or ice water to the treated area.

### **General guidelines:**

- After receiving a chemical peel, the skin may look and feel like a mild windburn with itching, stinging, redness, heat and/or tightness for the next number of days. After 48 hours of a superficial peel, flaking may occur for 3 to 5 days which can easily be controlled with moisturizers. After 72 hours of a medium depth peel (such as Perfect Derma Peel), a more extensive exfoliation will occur for 3-7 days.

It is recommended that makeup not be applied the day of treatment, as it is ideal to allow the skin to stabilize and rest overnight.

- To minimize side effects and maximize results, use the post procedure creams provided which is recommended for 3 to 5 days or until flaking has resolved.
- Moisturizer should be applied at least twice a day but can be applied more frequently for hydration and to decrease the appearance of flaking.



- Avoid direct sun exposure and excessive heat. An SPF of at least 30 MUST be used daily.
- Do not go to a tanning bed for at least two weeks post procedure. This practice should be discontinued due to increased risk of skin cancer and signs of aging.
- Do not pick or pull on any loosening skin. This could potentially cause hyperpigmentation
- Do not have any other chemical peel or medical device treatment until your practitioner at Skin Bar Studios releases you to do so.
- You may resume the regular use of retinoid, alpha-hydroxy acid, beta hydroxy acid, vitamin c or bleaching creams ONLY after peeling process is complete.

Client/Guardian Signature

\_\_\_\_\_ Date \_\_\_\_\_

Witness Signature

\_\_\_\_\_ Date \_\_\_\_\_

Clinician Signature

\_\_\_\_\_ Date \_\_\_\_\_