

Chemical Peel Post Care Instructions

1. For the first 3-4 days use Aquaphor at night. During the day, use a plain moisturizer such as CeraVe or Cetaphil. The skin will feel dry and tight, this is normal. Keep it as moist as possible, the peel will progress faster.
2. Use a mild cleanser in the morning and evening beginning day 2. Examples include CeraVe, Cetaphil or Purpose.
3. Use a sunscreen with a physical block (zinc or titanium) daily. Once the skin has peeled, you may use a sunscreen with a chemical block, if preferred. Example, EltaMD UV Physical.

General Instructions for all Peels

1. Do not pick any loose skin, scarring could result. If you have any pieces of loose or dangling skin, trim them with small scissors.
2. Keep the skin as moist as possible. Use Vaseline or Aquaphor for any "hot spots".
3. Do not use any kind of exfoliation until after the skin has finished peeling. Wash the face only with your hands, avoid scrubbing with a washcloth.
4. If excessive soreness or irritation occurs, a prescription steroid may be used short term.
5. Avoid products containing acids as they are too irritating and may cause the skin to be too sensitive and red. You may resume lotions containing acids (AHA's, Vit. C or Retin-A) a week or more after peel.