

## CHEMICAL PEEL POST PROCEDURE INSTRUCTIONS

- Wash your face twice daily with a gentle cleanser and liberally apply a bland moisturizer after cleansing and throughout the day as needed to prevent dryness and formation of crust. (Aquaphor, Cetaphil, CeraVe)
- Do NOT vigorously rub the skin and DO NOT pick at the flaking skin, as this may cause scarring.
- Sun protection is critical. You should not have any sun exposure; wear a broad spectrum sunscreen.
- Avoid laser treatments, waxing, the use of depilatories, or microdermabrasion for 3 weeks.
- Wait 7 days before resuming the use of Retin-A type products or any exfoliating agents such as a Clarisonic Brush.
- Avoid swimming, sauna, or whirlpool for at least 7 days post peel.
- You may take whatever medication you normally take for a headache for any discomfort.

### Follow-up considerations:

- The procedure may cause swelling, redness, crusting, dryness, skin sensitivity, itching, and peeling of the site which could last for 1-2 weeks. In the days after the peel, the skin may feel and look tight, with parchment-paper like changes or darkening. These are expected reactions.

**We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.**

During Office Hours  
713.344.0450

After Hours (Cell)  
713.443.8731