

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