



Rejuvenation through art and science

Treatment Instructions **Skin Treatments**

You have just enjoyed a chemical peel treatment. Based on your individual skin type, visible flaking may or may not occur. It is normal to experience some redness which may feel like a mild sunburn. With the deeper chemical treatments, peeling skin is expected from days 3-5 after the peel has been applied.

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; however, makeup may be applied 15 minutes after the treatment, if desired.

Moisturizer should be applied at least twice a day, but can be applied more frequently for hydration to decrease the appearance of flaking.

First 48 Hours

- Stay cool! Heating internally can cause hyperpigmentation.
- Do not put the treated areas 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 mechanical exfoliation.
- Do not direct a hair dryer to the treated area.
- Do not apply ice or ice water to the treated areas.

First 5 Days

- Do not use anti-aging products on your skin. These include: Retin-A, Renova, Alpha/Beta Hydroxy Acids, Vitamin C, Hydroquinone, Differin, Tazorac Avage and glycolic acid.
- Use only a mild cleanser on your skin. Pat your skin dry, do not rub.
- Refrain from the following types of treatments: electrolysis, dermal fillers, facial waxing or depilatories.

First Week

- It is very important not to pick any flaking skin. This could cause scarring or hyperpigmentation (darkening of the skin).
- Do not use buffing pads or any other mechanical exfoliation.

Two Weeks

- No laser treatments for 2 weeks.

One Month

- Do not use tanning beds
- Avoid unprotected sun exposure and always use a sunscreen with SPF 30 or higher.

To maintain healthy, beautiful skin we recommend a regular chemical treatment schedule, in conjunction with a daily skin care regimen individualized to your skin type and specific skin care needs.

Please call our office at 414-964-1111 if you have any questions or concerns

Although most people experience peeling of their facial skin, not every patient notices that their skin peels after a chemical peel procedure. Lack of peeling is NOT an indication that the peel was unsuccessful. If you do not notice actual peeling, please know that you are still receiving all the benefits of the peel, such as: stimulation of collagen production, improvement of skin tone and texture, and diminishment of fine lines and pigmentation. There are a number of reasons why a patient may not have peeling or may experience minimum peeling. The reasons may include having peels regularly with a short interval between peels, frequent use of Retin-A, AHA, or other peeling agents prior to the peel treatment, &/or severe sun damage.