

## Chemical Peel pre & post

### **One Week Prior to Treatment**

- Discontinue any exfoliating topical products or treatments, products such as Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A ) and scrubs.
- Stop treatments such as microdermabrasion and laser, injectables such as botox or filler.

### **Three Days Prior to Treatment:**

- No prolonged sun exposure, to the area being treated, treatment will not be administered on sunburned skin.

### **Day of Treatment:**

- Shower as usual-Do not apply any lotion, powder, oils or other products to treatment areas
- If face/neck being treated, cleanse your face/neck and do not apply makeup
- If you have long hair bring a hair band to pull it back
- If numbing at home, apply numbing one hour before procedure. If numbing in the office, arrive at least 60 mins before your scheduled appointment.

### **What Can Be Expected?**

- Skin may red and feel tight/dry
- Skin may feel rough or like 'sandpaper' and exfoliate for 3-7 days after treatment. The degree of exfoliation depends on the peel level received. Your provider will advise you on what to expect.

### **After Treatment:**

CLEAN – Use a gentle cleanser or face wash with lukewarm water to cleanse the face and gently pat dry. No physical or chemical exfoliation products should be used.

HYDRATE – Use a gentle moisturizer 2x per day on the treatment area for 1 week. Your provider may also recommend a product to use in conjunction with your moisturizer that should be applied first.

MAKEUP – Can be applied 24 hours after the treatment. Clean makeup brushes prior to using.

PROTECT – At 24 hours after the procedure, you should apply a physical broad spectrum UVA/UVB sunscreen (Zinc/Titanium Dioxide) when outside.

Avoid exercise or excessive sweating for the first 24-48 hours after your procedure.

**\*\*Exfoliating products such as Retinols, AHA, BHA or scrubs can be started again after 1 week.**  
If you have questions or concerns, please contact our office at 610-519-0600 or after hours text Dionna at 646-402-3585.