

Chemical Peels Pre/post Instructions

Pre- Treatment

- 5-7 days before peels, patients should avoid these products and/or procedures
- Retin-A, Renova, Differin, Tazorac, Tretinoin
- Any products containing retinol, AHA, or BHA, or benzoyl peroxide
- Any exfoliating products or procedures that may be drying or irritating, including but limited to waxing.

***NOTE:** the use of these products/treatments prior to a peel may increase skin sensitivity and cause a stronger reaction.

****Caution:** Patients who have had medical, cosmetic facial treatments or procedures (laser therapy, surgical procedures, microdermabrasion, etc.) should wait until skin sensitivity completely resolves or cleared with your physician before having these peels.

Post- Treatment Instructions

What to expect immediately after the peel and up to 24 hours afterwards:

- Skin may feel tight and more red than usual
- Skin may feel tacky and have a yellow to orange tinge. This is temporary and will fade in a few hours.
- Patients should wait until bedtime before washing the face.
- Patients should avoid strenuous exercise starting the day of the procedure and while the skin is peeling

24 hours after peel and until peeling is complete:

- Skin may be tight until it starts to peel
- Peeling will generally start between 48-72 hours after the procedure, and can last 2-5 days. DO NOT PICK OR PULL THE SKIN. Allow the skin to peel at its own pace.

After care regimen:

- Cleanse: Use a gentle, soap free cleanser. Do not scrub and/or use a washcloth while skin is peeling.
- Moisturizer: While skin is peeling, patients should apply a moisturizer as often as needed to relieve any dryness and control peeling.
- Sun Protection: Apply sunscreen daily of a 30spf or higher in the morning and throughout the day. Avoid direct sunlight for at least one week.

After Peeling process is complete:

- Patients may resume the regular use of Retin-A, retinal, AHA products of bleaching creams only after the peeling process is complete.
- Patients should wait until peeling has completed before having any other facial procedures including: Facials, facial hair removal, microdermabrasion, and laser treatments

Variations in amount of peeling:

The degree of peeling may vary depending on the individual's skin type and skin condition at the time of the peel. The success of the peel should not be determined by the amount of peeling, but by the end results that the peel will produce.

Please call the office at any time if you have questions or concerns. We are always available to help. If the office is closed you will be directed to our answering service to reach Dr. Yee.

Office # 501-224-1044

Patient Signature _____

Date _____

Witness _____