esthetics inc

Pre and Post Chemical Peel Instructions

**Pre-Chemical Peel**

• Do NOT use any retinoids such as Tazorac, Retin-A, Renova, Differin, Veltin, Atralin or Ziana for 5 days prior to your appointment unless instructed by your physician.

• If you have a history of cold sores, please DO let the Aesthetician know.

**Post Chemical Peel**

• DO wash twice a day 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 with a minimum of SPF 30. This includes driving to work. Obviously, do not use a tanning salon. • AVOID laser treatments, waxing, the use of depilatories, or microdermabrasion for 3 weeks.

• DO wait 7 days before resuming the use of Retin-a (tretinoin), Renova, Differin, Tazorac, Ziana, Veltin, Atralin, glycolic acids or any other exfoliating agents such as a Clarisonic Brush.

• AVOID swimming, sauna, or whirlpool use for at least 7 days after the peel.

• If you were instructed to take an antiviral medication, DO complete the prescribed course.

• Consider scheduling a complimentary “Hydration Appointment” around day 4 or 5 if desired, but this is not mandatory.

• 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 for assistance**. 703-420-4951**