



Chemical Peel Treatment Post-Care Instructions:

Proper aftercare is essential to maximize results and minimize side effects following your chemical peel. Please follow these guidelines carefully.

Immediately After Treatment (First 24–48 Hours)

- Your skin may appear red, tight, dry, or sensitive—similar to a sunburn. This is normal.
- Do not pick, rub, or peel flaking skin; allow it to shed naturally. Premature peeling can lead to scarring or pigmentation.
- Avoid touching your face unnecessarily. Always wash your hands before applying products.
- Cleanse with a gentle, non-foaming cleanser and lukewarm water. Pat dry—do not rub.
- Keep skin well-hydrated using only the moisturizer recommended by your provider.
- Avoid makeup for at least 24 hours, or until approved by your provider.

3–7 Days After Treatment

- Expect visible peeling or flaking. This is normal and varies by peel depth.
- Continue using gentle cleansers and hydrating moisturizers.
- Do not use exfoliants, scrubs, retinoids, glycolic acid, salicylic acid, or benzoyl peroxide until your provider advises it is safe.
- Avoid activities that cause excessive sweating (exercise, saunas, hot yoga) until peeling subsides.
- Stay out of chlorinated pools and hot tubs until your skin has fully healed.

Sun Protection

- Avoid direct sun exposure for at least 1–2 weeks.
- Wear a broad-spectrum SPF 30+ daily starting the day after your peel and reapply every 2 hours when outdoors.
- Use hats and protective clothing when in the sun.

General Healing

- Full recovery may take 7–14 days depending on the depth of the peel.
- Mild dryness, tightness, or flaking may persist for several days.
- Results will improve as your skin regenerates, typically within 1–2 weeks.
- A series of treatments may be recommended for optimal results.

When to Contact Your Provider

- If you experience severe redness, swelling, blistering, pus, or signs of infection.
- If you have concerns about unusual discomfort or delayed healing.