



Chemical Peel Treatment Pre-Care Instructions:

To achieve the best results and reduce the risk of complications, please follow these guidelines before your chemical peel treatment.

1–2 Weeks Before Treatment

- Avoid direct sun exposure, tanning beds, and self-tanning products. Sunburned or recently tanned skin cannot be treated.
- Discontinue use of retinoids, retinol, tretinoin, glycolic acid, salicylic acid, and other exfoliating products for at least 5–7 days prior.
- Do not undergo waxing, laser treatments, or electrolysis in the treatment area for at least 1–2 weeks.
- Avoid other facial treatments (microdermabrasion, microneedling, or other peels) within 2 weeks of your appointment.

3–5 Days Before Treatment

- Refrain from using products that may cause skin sensitivity or dryness.

Day of Treatment

- Arrive with clean skin free of makeup, lotion, sunscreen, or perfume.
- Avoid shaving or using depilatory creams on the treatment area.
- Do not apply any active skincare ingredients the morning of your appointment.
- Wear comfortable clothing and avoid jewelry around the treatment area.

Important Notes

- Notify your provider if you are pregnant, breastfeeding, or have a history of keloids, active infections, open wounds, or any skin conditions in the treatment area.
- Let your provider know about any medications you are taking, including Accutane (isotretinoin) within the last 6–12 months.