



## Chemical Peel Information Sheet

### Pre- treatment

- Retinal products should be stopped one week prior to treatment.
- Avoid sun exposure at least 2 weeks prior to treatment.
- Reschedule your appointment if you have any active infections including cold sores.
- Accutane must be stopped 12 months prior to chemical peels.
- Chemical peels should not be performed on pregnant or lactating women.

### Post- treatment

- Sunscreen will be applied before you leave the office.
- Wear sunscreen to treated area throughout the course of your treatment.
- Avoid sun exposure for at least 4 days.
- You may take Tylenol as needed for discomfort or apply ice.
- You must use a hydrating skin care product after your treatment to maximize your results. Your skin care expert can make recommendations for your specific skin type.

### What to expect

- Healing may take up to 7 days with mild to moderate flaking and/or peeling of the treated area. Never pick the area, it may lead to infection. Instead you should gently exfoliate with a wash cloth.
- Patch testing may be performed on you any time a different acid product is used for the first time.
- Darker skin tones should be slowly acclimated to acid products. Conservative treatment that moves slowly provides the best results
- Some people may develop dark or light spots to area treated.
- Improvement may become noticeable a few days after the first treatment. Some patients do not notice an improvement until after a few treatments have been performed and a small percentage of patients do not respond to the treatment at all.
- Treatments are provided at least one week apart.
- Several treatments will be necessary to achieve optimal results.
- The clinical result, as well as the optimal number of treatments, varies from one individual to another.