

**CHEMICAL PEELS
PRE-TREATMENT INSTRUCTIONS**

The following treatments/products should be avoided for one (1) week prior to your chemical peel:

- Waxing, depilatories, electrolysis or laser hair removal in the area to be treated.
- Laser skin rejuvenation of the area to be treated.
- Botox/Dysport or dermal filler injections in or around the area to be treated.
- Other chemical peels, exfoliating masques, loofahs and other course sponges.

The following products should be discontinued three (3) days prior to your chemical peel:

- Any retinoic acid derivatives (Retin-A, Renova, Retinol, Atralin, Avita, Ziana, Tazorac or Avage)
- Azelex
- Differin.

*These products/procedures can be resumed after your skin is healed and there are no signs or erythema (redness) or peeling (usually 5-7 days).

POST-TREATMENT INSTRUCTIONS

Please follow the instructions below in order to protect your skin and ensure you realize the maximum benefit from your treatment:

Your skin may seem redder than usual following treatment. This usually lasts for 1-2 hours. Because chemical peels can make your skin more sensitive to sunlight and to skincare products, you should:

- Avoid direct sunlight for at least a week.
- Wear sunscreen with 30+ SPF every day.
- Wash your face with a gentle cleanser only for 5-7 days or until there are no signs of erythema (redness) or swelling.
- Use a hydrating moisturizer daily, or whenever skin feels dry/tight.

If they are a part of your regular daily routine, you can resume using the following products 7 days after treatment or after peeling has stopped:

- Tretinoin or any retinol/retinoid (Retin-A, Renova, Retinol, Atralin, Avita, Ziana, Tazorac or Avage)
- Azelex
- Adapalene (Differin, Epiduo)
- Alpha-hydroxy acid products
- Bleaching creams

You should not have any other facial procedures until after peeling has stopped. These include:

- Waxing, depilatories, electrolysis or laser hair removal in the area to be treated.
- Laser skin rejuvenation of the area to be treated.
- Botox/Dysport or dermal filler injections in or around the area to be treated.
- Other chemical peels, exfoliating masques, loofahs and other course sponges.