

## Chemical Peel Aftercare Instructions

1. Aerobic exercise or vigorous physical activity should be avoided for the first 48 hours.
2. Direct sunlight exposure is to be completely avoided immediately following the treatment (including any strong UV light exposure and tanning beds). If some sun exposure cannot be avoided, first apply sunscreen with an SPF of 30 or greater. Sunscreen (with at least a SPF of 15) should become a part of your daily skin care regimen as your skin will become more sensitive to the sun as a result of this treatment.
3. Cleanse your face with a gentle cleanser
4. Gently moisturize your face a minimum of 2 times a day.
5. **DO NOT** apply any type of glycolic acid or exfoliation products, as this can severely damage or irritate the skin during the entire healing process.
6. **DO NOT** peel, rub, or scratch your skin at anytime, whatsoever. This WILL cause damage and compromise your results as well as possibly cause scarring or PIH (post inflammatory hyperpigmentation).

If you experience painful areas of the face, contact our office immediately, especially if you are prone to cold sores. Any blisters that form will need to be reported immediately.