



warrenton
Dermatology & Skin Therapy Center

J.C. CABALLERO, M.D. ♦ Audrey Luwig-Bunch, PA-C
28 Blackwell Park Lane, Suite 302
Warrenton, Virginia 20186
(540) 341-1900

PRE-PEEL AND POST-PEEL INSTRUCTIONS

PRE-PEEL INSTRUCTIONS:

- To maximize the results of your peel, it is recommended that you begin a complete skin care regimen.
- One week prior to receiving your peel, discontinue the use of retinoids, hydroquinone, benzoyl peroxide and salicylic acid products.
- Refrain from waxing, electrolysis or any other procedures one week prior to your peel date.
- If you have a history of cold sores, we will prescribe medication to be taken before and after the procedure.

POST-PEEL INSTRUCTIONS:

- Use only gentle products on your skin for first 36 hours.
- You may resume your regular skin care regimen 3 days after receiving your peel.
- Apply SPF 30 or greater every day.
- While it is rare, some patients may experience erythema, tightness, minor swelling and peeling of the superficial layer of the skin following a peel. These effects usually last a few days to 1 week.
- Do not pick or peel your skin, as this could result in scarring.