

AlphaRet Chemical Peels

Pre-treatment

4 weeks prior to your appointment:

- Avoid sun tanning, tanning beds, and sunless tanners for 4 weeks prior to treatment. Optimize your sun protection by wearing sun-protective clothing, hats, broad-spectrum sunscreen with SPF 30 or higher. Reapply every 2 hours while outdoors.

1 week prior to your appointment:

- Avoid products and treatments that may cause skin irritation or sensitivity (such as chemical peels, waxing, etc.). It is fine to continue your skin care regimen, including AlphaRet or other retinoids *as long as they do not cause skin irritation*. If you have sensitive skin, discontinue all retinoids & exfoliating products 1 week prior to your peel (e.g. AlphaRet, retinol, Retrinal, tretinoin or RetinA, Tazorac, salicylic acid, alpha-hydroxyacids like glycolic acid, lactic acid).

On the day of treatment:

- If you have a history of cold sores (herpes viral infections), take your acyclovir or valacyclovir (Valtrex) as recommended and continue for 5 days. Like sunlight, laser light can trigger a flare, and the medication reduces this risk.
- If you have an active cold sore or infection in the area of treatment OR if your skin is irritated, we cannot treat you. Please contact our office as soon as possible to reschedule your treatment.

Post-treatment

Most patients appreciate the radiance and extra hydration of their skin immediately after the peel that often lasts a few days. Sunscreen and makeup may be applied on the day of the peel. Occasionally, some areas may have a mild sunburn-like sensation; rarely, swelling and redness may occur and is temporary. Due to the special formulation of the peel, flaking and peeling of the skin does not typically occur.

If possible, avoid washing the treated areas until the following day. Additional skin care products, such as SkinBetter Alto and Trio may be reapplied twice daily or more frequently if desired.

If no sensitivity is present, you may use your typical skin regimen on the day of the peel.

If you have skin sensitivity, avoid retinoids & exfoliating products (see list in Pre-treatment section above) and apply ointment (e.g. Vaseline, Aquaphor) or Trio until the sensitivity has subsided.

Daily broad-spectrum sun protection is critical and will optimize your results.

Contact our staff immediately if you experience the following reactions:

- Pain or moderate to severe swelling, burning, excessive redness, blistering, or scabbing
- Itching that does not subside or resolve after applying moisturizer
- Rash-like skin appearance

**Please contact us with any questions or concerns
480-591-3500 or 602-494-1817**