

Superficial and Medium Depth 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:

- Discontinue exfoliating products (such as scrubs, glycolic acids, salicylic acid, tretinoin (Retin A), retinol, Retrinal, AlphaRet, Marini Luminare, Differen, Tazorac) 1 week prior to treatment. Avoid waxing and other chemical peels during this period as well.

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, we cannot treat you. Please contact our office as soon as possible to reschedule your treatment.

Post-treatment

A mild sunburn-like sensation is expected; your skin may be tight, mildly swollen and more red than usual. This typically lasts for a day. Aspirin, ibuprofen (Motrin, Advil), naprosyn (Aleve, Naproxen) or acetaminophen (Tylenol) may be taken for discomfort. Avoid strenuous exercise and heat on the day of the procedure. Wait until bedtime before washing your face. Apply moisturizer after washing your face at bedtime.

24 hours after the peel and until peeling is complete: apply moisturizer at least twice daily or more frequently. Light peels might not result in visible peeling.

For medium-depth peels, skin flaking typically begins 2-3 days after the procedure and can last 2-5 days. **DO NOT PICK OR PULL THE SKIN.** Allow the skin to peel naturally; do not actively peel off skin, since this can expose areas that may become darker or lighter spots or potentially result in scars.

For any sensitive areas of skin:

Apply SkinBetter Trio or Medical Barrier Cream as often as needed. For cracked or extremely sensitive areas, keep areas moist with ointment (e.g. Vaseline, Aquaphor) until skin heals.

Avoid exfoliating products (retinol, AlphaRet, Retrinal, alpha-hydroxy acids, salicylic acid, etc.) until skin sensitivity and peeling has resolved (~ 1-2 weeks).

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 or redness
- Itching that does not subside or resolve after applying moisturizer
- Rash-like skin appearance

Please contact us with questions or concerns: 480-591-3500 / 602-494-1817