

## Pre and Post Chemical Peel Instructions

### Pre-Chemical Peel

- Do NOT stop any retinoids such as Tazorac, Retin-A, Renova, Differin, Veltin, Atralin or Ziana unless instructed by your physician.
- If you have a history of cold sores, please DO let the nurse or physician know.

### Post Chemical Peel

- DO wash twice a day with a gentle cleanser and liberally apply a bland moisturizer after cleansing and throughout the day as needed to prevent dryness and formation of crust (Aquaphor, Cetaphil, CeraVe).
- DO consider optimizing your healing with either **Biafine Healing Cream or Neocutis Post Peel Kit**, both available at the clinic.
- Do NOT vigorously rub the skin and DO NOT pick at the flaking skin as this may cause scarring.
- Sun protection is critical. You should NOT have any sun exposure; wear a broad spectrum sunscreen with a minimum of SPF 30. This includes driving to work. Obviously, do not use a tanning salon.
- AVOID laser treatments, waxing, the use of depilatories, or microdermabrasion for 3 weeks.
- DO wait 7 days before resuming the use of Retin-a (tretinoin), Renova, Differin, Tazorac, Ziana, Veltin, Atralin, glycolic acids or any other exfoliating agents such as a Clarisonic Brush.
- AVOID swimming, sauna, or whirlpool use for at least 7 days after the peel.
- If you were instructed to take an antiviral medication, DO complete the prescribed course.
- Consider scheduling a complimentary "Hydration Appointment" around day 4 or 5 if desired, but this is not mandatory.
- The procedure may cause swelling, redness, crusting, dryness, skin sensitivity, itching, and peeling of the site which could last for 1-2 weeks. In the days after the peel, the skin may feel and look tight, with parchment-paper like changes or darkening. These are expected reactions.

**We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.**