



CHEMICAL PEEL Pre & Post Care

You should not be treated if:

- *You are pregnant or lactating.
- *Have been treated with Accutane in the last 12 months.
- *Received chemotherapy or radiation therapy.
- *Have active cold sores, skin with open wounds, sunburn, excessively sensitive skin, dermatitis.
- *Patients with vitiligo.
- *You have an autoimmune disease or any condition that weakens your immune system.
- *Received Botox, Dermal Fillers, laser treatments, or other chemical peel in the last two weeks.

Pre-Treatment

- *AVOID 3 days prior waxing and/or other depilatory hair removal products, laser hair removal or electrolysis
- *AVOID 3 days prior Renova, Differin, Tazorax, Lytera, Retinols, or Retin-A.
- *AVOID 3 days prior any products containing retinal, AHA/ BHA.
- *AVOID 3 days prior any exfoliating products that may be drying or irritating.

Treatment Day

Come to the appointment with a clean skin in the area receiving the treatment, no lotion. Cleansing products are available for your convenience, please arrive 10 minutes early if you need to wash your face.

What to Expect

You might feel stinging or burning while the chemical solution is being applied and may last up to 20 minutes. If needed hand-held fans are available during the application. Afterwards your skin will be red, tight, irritated or swollen. Peeling will start 24-48 hours after application and will continue to peel for seven to 14 days depending on the level of peel you received.

Aftercare

- After the initial healing period from a chemical face peel, you will see some early improvements such as tighter-feeling skin, even skin tone and a brighter complexion. With the lighter-medium peels, repeat treatments periodically are often recommended for optimal outcomes.
- Depending on your skin's sensitivity, side effects can include redness, dryness, itching or irritation as well as swelling, tightness, peeling or scabbing. Within 2-3 days, skin may look flaky as the outermost surface peels off to make room for more radiant, new skin. You may also notice temporarily more pronounced discoloration or age spots as they rise to the skin's surface before getting sloughed away.
- Wash your face with cool water. Warm or hot water might not feel as good as cool or cold water, which can help soothe post-peel sensations.
- Moisturize and hydrate. Since peels can temporarily compromise your skin's protective barrier, it's important to reinforce that barrier with a medium-to-thick moisturizer. Also, drink more water to help avoid dehydration, which could make your skin feel tight.
- Apply sunscreen with SPF30 or more. Your skin is more delicate after a peel, so avoid direct sun exposure, which can lead to even more visible signs of skin aging. If you must be exposed, use a Broad Spectrum physical sunscreen.
- Avoid strenuous workouts, dry saunas and steam rooms. Increased blood circulation to the face can intensify warming, tingling, itching, redness or other uncomfortable side effects on freshly peeled skin. Skip such activities on the day you use a peel.
- Don't over-exfoliate. Peels are maximum-strength exfoliants, so you don't need to use a separate exfoliant (like a scrub, brush or exfoliating cleanser) within 3-4 days of your peel. Over-exfoliating can lead to more redness or sensitivity, so wait until your skin feels up to it.
- Once your skin feels "back to normal" after a peel, it's generally considered OK to resume your normal skin care regimen.

Please contact Cheeky Medspa at (907) 252-3198 if you have any questions, concerns, or compliments regarding your treatment.