



Thank you for visiting us at The Treatment. We look forward to seeing you again!

Post-Chemical Peel Treatment Instructions

For best results and to reduce the risk of complications, it is recommended to **avoid** sun and UV exposure, wear hats, protective clothing and **discontinue** the following products and procedures **7-14 days after** your treatment. Once all flaking has resolved, you may return to your recommended skincare regime and lifestyle.

- If your Chemical Peel is self-neutralizing and was not removed in-office, please do not cleanse, or apply additional products to your skin for 8 hours.
- Do not apply ice or ice water onto the treated area for 4-6 hours after your treatment.
- It is recommended that makeup not be applied the day of treatment, as it is ideal to allow the skin to stabilize and rest. However, makeup may be resumed the day following your treatment if needed.
- It is recommended to keep the treated area clean, calm inflammation, and maintain skin hydration while using only the recommended appropriate gentle and soothing post-procedure topical products to minimize side effects and maximize results while your skin is healing.
- Throughout the healing period, cleanse skin twice daily using gentle cleanser with soft circular motions with your fingertips while removing with cool or tepid water. Moisturizer should be applied twice daily but can be applied more frequently for hydration and to decrease the appearance of flaking. Use a physical daily sunscreen and reapply every 2 hours.
- It is recommended to delay reuse or use of Tretinoin, Retin-A, Renova, Differin, Tazorac Avage, EpiDuo, Ziana, skin lightening ingredients Bleaching creams, Hydroquinone, astringents and Alpha and Beta Hydroxy Acids. Please consult your physician before temporarily discontinuing use of any prescription medications.
- It is recommended to discontinue use of topical over-the-counter medications, any exfoliating product or ingredient such as scrubs, loofah brushes, washcloths, clarisonic devices, facial masks, salicylic and glycolic acids, benzoyl peroxide, and retinoids as they may cause irritation.
- Chemical peel treatments may cause your skin to appear sunburned, uneven/tanned, slightly yellow, tight, tender, and temporarily dry while the top layers of the skin are dehydrating. Sun damaged skin may appear darker as the skin heals prior to possible peeling. If itching and burning sensations occur as the peel penetrates deeper into the skin, you may apply a cool compress and/or hydrocortisone cream onto the treated area and take Benadryl or Zantac (for itching) and Tylenol (for discomfort) as needed.
- Visible skin exfoliation “peeling” may or may **not** happen. SkinCeuticals Chemical Peels are designed to work at a cellular level in the skin and target various skin concerns including fine lines and wrinkles,

blemishes, rough texture, dullness, and an uneven skin tone. You should not necessarily expect to “peel”. However, light flaking in a few localized areas starting between days 3-5 for several days is typical, usually starting between your eyes, around your mouth and nose. Most patients who undergo these treatments may have residual redness for approximately one to 12 hours that can linger for up to 2 weeks post-procedure.

- It is recommended to not pick, pull, scratch, or rub any loose or peeling skin. This can lead to scarring, hyperpigmentation, and infection. You may carefully use sterile manicure scissors to clip away any hanging skin if needed.
- Those who are susceptible to cold sores, fever blisters or Herpes simplex virus infections may see a reactivation of such following a chemical peel. It is recommended to begin the appropriate antibiotic in advance if needed or immediately if an outbreak occurs.
- It is recommended to not go to a tanning bed for at least two weeks post-treatment. This practice is encouraged to be discontinued due to the increased risk of skin cancer and signs of aging.
- Stay cool! Both external and internal heat can cause scarring and hyperpigmentation. It is recommended that self-tanners, extended sun, and heat exposure be avoided at least 10 days post-procedure. Post-inflammatory hyperpigmentation can often be avoided with sun protection and sun avoidance. It is usually temporary when it occurs.
- It is recommended to discontinue and/or postpone all forms of hair removal of the treated area. This is including but not limited to; Electrolysis, Waxing, Depilatory Creams, tweezing, Laser Hair removal and Shaving.
- It is recommended to limit caffeine consumption and maintain adequate hydration by drinking plenty of water to avoid topical dehydration and maintain skin health.
- Alcohol and blood-thinning antibiotics and pain relievers can prolong the healing process. Avoid alcoholic beverages for 48 hours after your treatment.
- It is recommended to not put the treated area directly or submerged in hot water while taking showers or baths or place a hair dryer onto the treated area. Discontinue hot tubs, steam rooms, saunas, swimming, exercise, and any perspiration causing activities for 3-5 days.
- It is recommended to not have another treatment until your Medical Aesthetician advises you to safely do so. Please follow any other specific instructions directed by your provider. Multiple treatments may be necessary for desired results and will vary among individuals and the areas being treated.

Please let us know if you have any questions or concerns prior to your appointment.

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