

# THE TREATMENT SKIN BOUTIQUE

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. 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.
- Discontinue hot tubs, steam rooms, saunas, swimming, exercise, and any activity that causes sweating for 3–5 days. Avoid direct heat, hot showers or baths on the treated area, and do not use a hair dryer directly on the skin.
- Discontinue use of retinoids (Tretinoin, Retin-A, Differin, Tazorac, Epiduo, Ziana), alpha and beta hydroxy acids, benzoyl peroxide, astringents, exfoliating products, facial masks, scrubs, loofahs, washcloths, cleansing devices, skin-lightening agents, hydroquinone, and bleaching creams until all flaking has resolved and your provider advises it is safe to resume. Consult your physician before stopping any prescription medications.
- 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. 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 antiviral in advance if needed or immediately if an outbreak occurs.
- 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 not go to a tanning bed for at least two weeks post-treatment.
- Delay all forms of hair removal on the treated area including waxing, shaving, tweezing, depilatory creams, electrolysis, and laser hair removal until cleared by your provider.
- Do not undergo additional treatments until your Medical Aesthetician advises it is safe to do so. Multiple treatments may be necessary for desired results and vary based on individual skin type and treatment area.

If you have any questions or concerns, please do not hesitate to reach out by calling us (909) 625-7546 or emailing [hello@getthetreatment.com](mailto:hello@getthetreatment.com).

To get even better results after your treatment and upgrade your at-home skin care regiment visit <https://shop.getthetreatment.com/>