



Chemical Peel Post Care

Use the Post Procedure Kit provided until peeling has resolved, typically 3 to 5 days. For those with more sensitive skin, consider using the post procedure regiment for 10 days.

Morning

1. Cleanse with a dime-sized amount of Facial Wash. Rinse with warm water and pat dry.
2. Apply a nickel-sized mixture of Clinicalm (1% hydrocortisone) and ReBalance to help inhibit redness and inflammation.
3. Apply a nickel-sized amount of PCA or Elta MD SPF for broad-spectrum UV protection.
4. Repeat steps 2 and 3 as necessary to keep skin lubricated, protected and comfortable throughout the day.

Evening

1. Cleanse with a dime-sized amount of Facial Wash. Rinse with warm water and pat dry.
2. Apply a nickel-sized mixture of Clinicalm (1% hydrocortisone) and ReBalance to help inhibit redness and inflammation.
3. Apply a nickel-sized amount of Silkcoat Balm as a nighttime moisturizing treatment for your skin.

Post Procedure Skin Treatment Tips

For two days post-peel (48 Hours)

Stay cool! Heating internally can cause hyperpigmentation.

- do not put the face directly into a hot shower spray
- do not use a hot tub, sauna, or steam room
- do not go swimming
- do not participate in activities that would cause excessive perspiration
- do not use loofas or other means of mechanical exfoliation on the treated area
- do not direct a hair dryer onto the treated area
- do not apply ice or ice water to the treated area

General guidelines

- Do not pick or pull on any loosening or exfoliating skin. This could cause hyperpigmentation.
- Discontinue the use of tretinoin, Retin-A, Differin, Renova, Tazorac, Avage, EpiDuo or Zania for five days after treatment.
- Do not have electrolysis, facial injections, facial waxing, or use depilatories for approximately five days.
- ABSOLUTELY do not go to a tanning booth for at least three weeks before or after a treatment. This practice should be discontinued due to the increased risk of skin cancer and signs of skin aging.

DO NOT have another procedure until your clinician advises you to do so.