

[the med spa]

Chemical Peel Pre and Post Care Instructions

Patients with active cold sores or warts, wounds, sunburn, excessively sensitive skin, dermatitis, or inflammatory rosacea in the area to be treated should not get a chemical peel.

Patients with a history of allergies, rashes, or other skin reactions may be sensitive to treatment. VI Peel should **not** be performed on patients with an allergy to aspirin. Chemical peels are **NOT** recommended if you have taken Accutane within the past year, or received chemotherapy or radiation therapy.

Chemical peels are **NOT** recommended for women that are pregnant or lactating.

Pre-Treatment Instructions

Avoid any harsh treatments for one week prior to peel, such as microdermabrasion, waxing, or any aggressive chemical such as strong exfoliants since these treatments will irritate the skin.

Peel Post Treatment Instructions

Day of peel

- Cleanse face with mild cleanser **4 hours** after peel service, PAT DRY.
- Only apply gentle hydrating moisturizer afterwards.
- Avoid excessive heat, hot showers, and exercise for 24 hours as internal heat can cause hyperpigmentation. Use cool water and gentle cleansers for at least 48 hours
- Your skin may feel sunburned for a few minutes up to 48 hours. You may apply aloe vera gel or a cold compress.

Next Day

- Cleanse face with mild cleanser and apply moisturizer and sunscreen.
- Apply moisturizer as often as possible throughout the day.
- Makeup can be applied if necessary.

Day Three

- Peeling phase typically begins around the mouth area peeling outwards.
- You must wear sunscreen with an SPF of at least 30 and avoid the sun as much as possible during the peeling phase.

Days Four-Seven

- Continue applying moisturizer and sunscreen daily.
- After all peeling is complete you may resume your normal skincare regimen.
- Avoid direct sunlight and tanning beds.

Please note the following:

- Never peel or force the skin off, as this could result in creating a scar. Your skin will naturally slough off when washed.
 - If anything irritates your skin, stop using it immediately.
- If at ANY time you have any questions or concerns, please contact our office at 409-838-7899.