

SAND LAKE

DERMATOLOGY CENTER

POST-CHEMICAL PEEL INSTRUCTIONS

TREATMENT FOLLOWING A CHEMICAL PEEL

Post care instructions will vary according to peel. Specific instructions will be given at the time of peel, but general guidelines follow:

- Wash twice daily with a gentle cleanser.
- Liberally apply a bland moisturizer after cleansing and throughout the day if needed to prevent dryness and formation of crust.
- Do not vigorously rub, pick or peel the flaking skin. Allow the scales to slough off on their own.
- If you experience itching, over the counter hydrocortisone 1% cream can be used twice daily for comfort.
- Sun protection is critical. Wearing a broad-rimmed hat is recommended post-treatment. You should not have any sun exposure without a broad-spectrum sunblock with UVA/UVB coverage and a minimum SPF30. This includes just driving to work.
- Wait 7-10 days before laser treatments, waxing or microdermabrasion.
- Wait 7 days before the use of Retin-A, Renova, Differin, Tazorac or any other exfoliating agents.
- No swimming or sauna for at least 7 days after each peel.
- Avoid aerobics and other physical activity 48-72 hours following a peel. This is the suggested amount of time to keep the skin "cool."
- If you were instructed to take an anti-viral medication, please complete the prescribed course.
- The procedure can cause swelling, redness, crusting, dryness, skin sensitivity, itching and obvious peeling of the site, which could last for 1-2 weeks. In the days after the peel, the skin may feel and look tight. Pre-existing spots may darken and appear brown. These are expected reactions.

If you have any questions or concerns, or experience an unexpected reaction, please call our office immediately. We can always be reached after hours through our emergency line and are happy to speak with you any time.

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