



Chemical Peel Post-Treatment Instructions

Post- Treatment Instructions:

- Redness might be present (and last up to several hours) after peel
- Use Tylenol only as needed for any soreness
- Swelling might occur after treatment for 3-5 days
- Peeling will start 3-5 days after peel. Do not pick or scratch at treated skin but instead keep moisturized
- Eat fresh pineapple to optimize healing
- Avoid strenuous exercise or sweating for 24 hours
- Treat skin gently washing with a gentle cleanser, cool water, using hands only and pat dry no earlier than 4 hours after peel
- May use cool compress after 4 hours if excessive discomfort, burning, redness, or swelling
- Follow post peel instruction sheet with products if included in peel
- Avoid sun exposure if possible and use a minimum of SPF 30 mineral sunscreen daily and every 2 hours if outdoors
- **NOTE THAT EVERY ONE IS DIFFERENT IN THE RESULTS AS WELL AS THE POST TREATMENT RECOVERY PERIOD**