

Element

Medical Aesthetics

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CHEMICAL PEELS PRE + POST CARE

PRE TREATMENT INSTRUCTIONS

- Do NOT schedule a peel within 1-2 weeks of an important event.
- Stop using Accutane at least 3 months prior to treatment.
- Stop any type of exfoliating treatment 5-7 days prior.
- Stop applying retinol, retinoids (e.g., Retin-A), adapalene (e.g., Differin), tazarotene (e.g., Tazorac), and Aklief 5-7 days prior to and after treatment.
- Limit UV exposure 2 weeks prior to and after your treatment. Wear SPF daily.
- Stop waxing, depilatory creams, electrolysis, and laser treatments (hair removal, IPL) to the area of treatment 2 weeks prior.

POST TREATMENT INSTRUCTIONS

- When cleansing, do NOT scrub. Use a gentle cleanser.
- Your skin may start to peel 1-3 days after the peel and continue for up to a week. Your skin may not peel at all.
- Do NOT peel, pick, or scratch the treated area, as this may result in scarring.
- Do NOT use products that can cause irritation, such as glycolic acid, salicylic acid, or retinol, for 1 week or until the skin has healed.
- Apply gentle moisturizer, such as Cerave PM, as needed (unless instructed otherwise).
- Do NOT have any other facial treatments for at least 2 weeks after your peel or until the skin is smooth and back to normal.
- If given a cortisone cream, please apply it 1-3 times per day for 1-2 weeks to red, irritated areas or as directed. This is only to be used if skin is overly irritated. Do not use it long-term.

- Always wear your sunscreen. Apply a sunscreen with SPF 30 or higher every morning. Wear hats, seek shade, and avoid direct sun for 2 weeks after treatment.

FOLLOW-UP TREATMENT

- Depending on skin condition and goals a series of treatments may be recommended.
- Please contact us with any questions or concerns you may have.