

CHEMICAL PEEL PRE + POST CARE

Before Your Peel — Pre-Care Instructions

- Discontinue active ingredients — Stop retinol, tretinoin, AHAs, BHAs, and benzoyl peroxide for at least 5-7 days before your peel.
- Avoid sun exposure — Stay out of direct sun and skip tanning beds for at least one week prior to your appointment.
- No waxing or hair removal — Avoid waxing, threading, laser hair removal, or electrolysis on the treatment area for at least one week before.
- Skip exfoliation — Do not use scrubs, exfoliating masks, or cleansing brushes for 5-7 days beforehand.
- Arrive with a clean face — Come with no makeup, sunscreen, or heavy moisturizers on the day of your appointment.
- Pre-treat if advised — If your esthetician prescribed a pre-peel primer or prep product, use it as directed in the days leading up to your appointment.
- Stay hydrated — Drink plenty of water and keep your skin moisturized in the days before your peel.
- Disclose medications & conditions — Inform your esthetician of any medications (especially Accutane, antibiotics, or blood thinners), skin conditions, allergies, cold sore history, or recent cosmetic procedures.

After Your Peel — Post-Care Instructions

- Do not pick or peel — Allow skin to shed naturally. Picking or pulling at peeling skin can cause scarring and hyperpigmentation.
- Moisturize generously — Apply a rich, fragrance-free moisturizer frequently to support the skin barrier and minimize peeling.
- Apply SPF every day — no exceptions — Your skin is extremely vulnerable to UV damage after a peel. Use SPF 30-50 daily, reapplying every 2 hours if outdoors.
- Cleanse gently — Use only a mild, fragrance-free cleanser with lukewarm water. Avoid any scrubbing or harsh cleansing tools.
- Keep hands off your face — Avoid touching your face unnecessarily to reduce the risk of infection and irritation.
- Pause all active ingredients — Hold off on retinol, AHAs, BHAs, vitamin C, and all exfoliants until your skin has fully healed — typically 7-14 days.
- Avoid heat and sweat — Skip intense exercise, saunas, steam rooms, and hot showers for at least 48-72 hours post-peel.
- Stay hydrated — Drink extra water to support skin recovery from the inside out.

Also avoid for 7-14 days after your peel:

- Makeup (especially for the first 24-48 hours)
- Direct sun exposure without SPF
- Swimming pools, hot tubs, or open water
- Alcohol-based toners, astringents, or fragranced products
- Waxing, threading, or any hair removal on treated areas
- Other facial treatments (microdermabrasion, laser, injectables) until fully healed

Peeling and flaking are normal and typically begin 2-3 days after your treatment. Results continue to improve over 1-2 weeks as new skin emerges. If you experience severe redness, swelling, blistering, or signs of infection, contact your esthetician or a medical professional promptly.