



Post-Chemical Peel Procedure Instructions

- Wash your face with cool water. Avoid warm or hot water. Cool or cold water can help soothe post-peel sensations.
- Drink more water to help avoid dehydration, which could make your skin feel tight. If the skin gets very dry and feels like cracking or bleeding then better apply moisturizer, otherwise moisturizer can be applied as soon as peeling starts.
- Apply sunscreen with SPF30 or more. Your skin is more delicate after a peel, so avoid direct sun exposure, which can lead to even more visible signs of skin aging.
- Avoid strenuous workouts, dry saunas and steam rooms. Increased blood circulation to the face can intensify warming, tingling, itching, redness or other uncomfortable side effects on freshly peeled skin. Skip such activities on the day you use a peel and for 2 days after the procedure.
- Don't over-exfoliate. Peels are maximum-strength exfoliants, so you don't need to use a separate exfoliant (like a scrub, brush or exfoliating cleanser) within 3-4 days of your peel. Over-exfoliating can lead to more redness or sensitivity, so wait until your skin feels up to it.
- The skin will feel tight with some swelling and redness for first two days after the procedure. Once your skin start peeling, you can use moisturizers. And once your skin feels "back to normal" after a peel, it's generally considered OK to resume your normal skin care regimen.
- No Aesthetic procedures such as lasers, injections or facials till at least after two weeks from the procedure.

