

# Chemical Peels

## Pre-Care Instructions:

- Avoid sun exposure and tanning beds, tanning creams or sprays to treatment areas 2 weeks prior to treatment. Daily sunscreen with an SPF of at least 30 is always recommended.
- Discuss with your provider the use of photosensitizing medication or prescription topicals, as they may need to be stopped months in advance, along with any other aesthetic treatments you may have had (i.e shaving, Botox and fillers)
- Avoid any irritants/exfoliants to your skin, such as physical scrubs or any products containing Retin-A, retinol, benzoyl peroxide, glycolic, salicylic acids, astringents or Vitamin C, hydroquinone for 1 week prior.
- If you have a history of cold sores, consider beginning prophylactic treatment no later than the day prior to treatment
- Do not wax, tweeze, or use a depilatory on treated areas for a week prior to treatment.
- Avoid laser hair removal, laser skin rejuvenation, electrolysis, chemical peels for 4 weeks before treatment.

## Post-Care Instructions: *unless otherwise instructed*

- Wait 6 hours before putting any water on the skin. Please wear a hat on treatment day as SPF may not be applied post peel.
- To minimize side effects and maximize results, use the post procedure care kit (if provided) as directed or until flaking/peeling has resolved. Use recommended skincare products as instructed.
- Peeling may occur on the treated areas, applying a moisturizer twice daily will help minimize this effect. Avoid scratching or picking, pulling on any loosening skin. This could potentially cause hyperpigmentation or surface scars.
- Avoid sun exposure and tanning beds to treated areas for at least 4-8 weeks after treatment. Daily sunscreen with an SPF of at least 30 is always recommended and vital for post treatment care. Reapplication is necessary.
- Avoid any irritants/exfoliants to your skin, such as any products containing Retin-A, retinol, benzoyl peroxide, glycolic, salicylic acids, astringents or Vitamin C once the peel process is complete (approx. day 10 post treatment). If skin still feels irritated, test spot your skin care products first.
- Stay Cool! Avoid vigorous activity (exercise or excessive perspiration) and hot heat for 5 days post treatment: Do not go swimming, do not take long hot showers or put your face under a hot stream of water or blow your face with hot air.
- It is recommended that makeup not be applied the day of treatment
- You may have mild redness and minimal swelling for a few minutes up to 48 hrs. You may apply moisturizer or a cool compress. Do not apply ice or ice water to the treated area.
- Acne may flare up if the skin is congested as chemical peels help to purge the skin of impurities.
- Do not wax, tweeze, or use a depilatory on treated areas for a week after treatment. At least 2 weeks after peel for laser hair removal and/or microdermabrasion.

## Face Reality Skincare Specific: view attached document

- Do Not apply actives in the evening routine. ONLY cleanse, tone and moisturize.
- Resume full routine the next day including active products (in the absence of any irritation/sensitivity) after receiving a treatment.

### Results:

- The removal damaged skin and for various skin concerns, including acne, acne scars, photoaging, wrinkles, melasma, post-inflammatory hyperpigmentation, actinic keratoses, and sunspots. Promote vibrant and healthy looking skin
- The realistic results average 50-75% improvement.
- It may take multiple treatments to visualize improvements.
- After receiving a chemical peel, the skin may look and feel like a mild windburn for the next 2 or 3 days.
- After 48 hours, a slight flaking may occur for 3 to 5 days which can easily be controlled with moisturizers.
- Individuals, who smoke cigarettes, may experience slower healing

### Contact:

Emergency: Call 911 Concerns: (832) 306-4090 Inquiries: [info@spahoustontexas.com](mailto:info@spahoustontexas.com)

## Chemical Peel

### Face Reality Skincare Instructions: for weeks 1-2

#### MORNING ROUTINE:

1. Cleanse (use recommended cleanser) with warm water being sure to avoid the eye area.
  2. Ice inflamed breakouts using a slow circular motion without stopping for 1-2 minutes. Pat dry
  3. Tone with a small amount on a flat cotton round 4.
- Serum: 1 pump to treatment area every other day

timed schedule for week 1-2 below)

#### TIMED SCHEDULE FOR WEEK 1-2: *Acne Med*

5. Hydrate/Moisturize if you are dry for added moisture
6. Sunscreen: apply a small amount on the face and/or neck. Re-apply hourly when in direct sun, after swimming or perspiring.
7. Apply noncomedogenic makeup, if desired

#### EVENING ROUTINE:

1. Cleanse (use recommended cleanser) with warm water, avoid the eye area.
2. Ice inflamed breakouts using a slow circular motion without stopping for 1-2 minutes. Pat dry
3. Acne Med: apply dime to nickel size amount to the entire area avoiding the eyes and neck. (follow the

4. Cleanse (use recommended cleanser) with warm water, avoid the eye area.
  5. Tone with a small amount on a flat cotton round 6.
- Moisturize: apply all over face and neck, avoiding eyes

Days 1-3	Days 4-7 Days 8-10	Days 11-13
Apply 15 minutes	Apply 30 minutes Apply 1 hour	Apply 2 hours

**Day 14 :** If you get to Day 14 before your next clinic appointment, you will proceed to Cleanse, Toner and Acne Med all night (in the absence of dryness and irritation). You will no longer use moisturizer in your evening routine.

**Face Reality Acne Med Precautions:**

**DO NOT ON OR NEAR EYES OR LOWER NECK:** Do not use Acne Med on your neck or eye area. Do not use eye cream or moisturizer around the eyes/neck because the acne Med will migrate through the cream and cause irritation and possible swelling. Allow your Acne Med to dry before going to bed. If your eyelids get irritated, try changing your pillowcase. When you are wearing acne med all night, it will get on the pillowcase.

**SMILE LINES:** This area tends to be the most sensitive area on the face and will be the first place you see irritation and dryness. You can put a very thin layer of Vaseline on this area to occlude it for a few days and then resume product use there.

**DO NOT USE WHEN WORKING OUT:** Do not wear Acne Med when you expect to perspire (i.e exercising, physical labor, being in the sun). If you are wearing it, wash it off or it will irritate your skin.

**WILL BLEACH FABRIC:** Acne Med will bleach fabric, so we suggest wearing a white shirt or T-shirt when using it. Use white pillowcases when you start wearing it overnight. Make sure and wash your hands with soap after using it to avoid bleaching towels.

**ALLERGIC REACTION:** Allergies to benzoyl peroxide are rare but do occur occasionally. An allergy is characterized by itching, swelling or burning associated with a rash (similar to poison ivy dermatitis). If an allergic reaction occurs, stop using Acne Med and contact us immediately.

**EXPECT SOME DRYNESS:** Expect your skin to get a bit dry while getting used to the Acne Med. This is normal; however, if your skin gets uncomfortably dry, please contact us so we can adjust your home care regimen. Do NOT just stop using your Acne Med until the next time you have an appointment.

**REMEMBER:** If you skip a day or two, or only spot treat, it gives a chance for acne to form. You will never get clear if you skip your home care. If anything tingles more than a "2" or stings/burns, do NOT use that product. Wash it off and contact us. Apply sunscreen every day whether you are going outdoors or not. You can use Ultra Gentle Cleanser to remove your makeup, or you can find a non-comedogenic micellar water. Avoid perfumed or medicated shaving creams and aftershave lotions. Contact us if you get shaving irritation.