

Chemical Peel Post-Care Instructions

The treatment you received is a clinical treatment designed to exfoliate or remove the outer layers of the skin.

Depending on the treatment, you may experience some temporary stinging or warm flushing. This will fade within 5-10 minutes.

During the next few hours, you may experience some tightening of the skin and that may last for several days.

For most patients, a light flaking begins within 48-72 hours. It is impossible to predetermine how much peeling will occur. The shedding process usually subsides within 7-10 days.

Possible side effects include:

- Peeling and flaking of the skin.
- Changes in skin color - lightening or darkening of the skin.
- Redness and swelling.
- Fever blister outbreak.
- Please contact your provider if you have concerns.

Home Care:

- Wash with a gentle cleanser.
- Apply moisturizer as often as needed to relieve dryness and tightness.
- Wear an SPF of at least 30 daily.
- Avoid direct sunlight as much as possible for 2-3 days following your peel.
- Do not have any other facial treatments for at least one week after your peel.
- Refrain from waxing for at least 7 days.
- Do not apply Retin-A, acids (AHA, BHA) or bleaching creams until the peeling process is complete.
- Do not pick or pull any loose skin.
- When washing your face, do not scrub. No exfoliation until peeling is complete.
- No exercise for 24 hours post-peel.

For questions regarding your procedure, please contact your provider at Central Texas Dermatology or SkinCare Austin.

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