

# POST CHEMICAL PEEL, GLYCOLIC ACID PEEL SKIN TREATMENT TIPS

You have just had a superficial Glycolic Acid Peel. Due to the nature of this peel, you should not necessarily expect to "peel", although you may have light flaking in a few localized areas for a few days. Most patients who undergo this treatment have only residual redness for up to twelve hours.

It is recommended that you do not apply makeup the day of the treatment. It is ideal to allow the skin to stabilize and rest overnight. However, makeup CAN be applied, if necessary. Tonight, your skin will feel tight and "pulled". Apply moisturizer as frequently as needed. Although, you may or may not actually "peel", it is likely you will experience a light "exfoliation". It may take two or more treatments for the surface skin to loosen and "peel". Everyone responds differently and most patients look quite normal the day after their treatment. Unless recommended by your physician or aesthetician, do not apply other medications or AHA products to your skin, as they may be irritating.

## **FOR THE NEXT 2 DAYS AFTER YOUR TREATMENT:**

- Do not apply ice or ice water to the treated areas.
- Do not put the face directly into a hot shower spray. Do not use Jacuzzi, steam room, or sauna.
- Do not go swimming.
- Do not participate in activities which would cause excessive perspiration.
- Do not use Buff-Puffs, exfoliating cleansers, or other means of mechanical exfoliation.

## **OTHER PRECAUTIONS:**

- Avoid direct sun exposure and excessive heat.
- Generously use sunscreen protection of at least SPF 15.
- Do not pick at or pull on any loosening or exfoliating skin. This could potentially cause hyperpigmentation, infection, or scarring.
- ABSOLUTELY TO NOT go to a tanning booth for at least 3 weeks before or after a treatment.
- Discontinue use of Retin-A/Renova or glycolic acid products until 7 days after the treatment.
- Do not have electrolysis, collagen injections, facial waxing, or use depilatories for 14 days after the treatment.