



REVIVAL DERMATOLOGY

Post Procedure Instructions

CHEMICAL PEEL INSTRUCTIONS

Before your chemical peel:

- One week before your peel please avoid waxing, electrolysis, depilatory creams, and laser hair removal.
- Three days before the peel discontinue using any prescription topicals such as AlphaRet, Retin-A, Differin, Epiduo Forte or Tazorac, as well as any products containing retinol, alpha hydroxy acids (AHA), beta hydroxy acids (BHA) or benzoyl peroxide.

After your chemical peel:

- Depending on the chemical peel that was customized for you, you may begin experiencing peeling over the next 3-5 days.
- Immediately after the peel, your skin will feel tight and may be red. Peeling usually lasts 5 days, depending on the actual peel treatment. Use of gentle cleanser, moisturizer and sunscreen is important, as it will enhance the healing process and results.
- Normal activity may be resumed after the peel, however strenuous exercise and heavy sweating should be avoided for 2-3 days.
- Sun exposure should be avoided while skin is peeling; exposure of treated skin to a lot of heat should also be avoided as it may induce swelling, redness and for deeper peels blisters under the skin.
- Peeling skin should be allowed to slough off naturally; picking or peeling of flaking skin is prohibited, as it may lead to scarring.
- Use of prescription topicals should be avoided for 3-5 days post peel.
- Do not worry if you don't experience any obvious peeling of skin after your peel. The success of the peel should not be judged by the amount of peeling, but by the end results that the peel will produce. The amount of peeling may vary depending on individual skin condition at the time of the peel or the depth of the peel. Regardless of the degree of peeling, the skin is still sloughing off at an accelerated rate, resulting in the improvement of skin tone and texture and an improvement of fine lines and uneven pigmentation.
- It is recommended that you have a series of peels to achieve the best results.

