



## **CHEMICAL PEELING PRE & POST TREATMENT INSTRUCTIONS**

### **PRE – TREATMENT INSTRUCTIONS**

- Stop any all topical creams 24 - 48 hrs. before chemical peels unless instructed by your physician.
- If you have a history of herpes, cold sores, warts, sunburned skin. Please do let the physician know

### **POST – TREATMENT INSTRUCTIONS**

- DO wash twice a day with a gentle cleanser and liberally apply a bland moisturizer after cleansing and throughout the day as needed to prevent dryness and formation of crust.
- DO NOT vigorously rub the skin, use scrubs and DO NOT pick at the flaking skin as this may cause scarring.
- Sun protection is critical. You should NOT have any sun exposure; wear broad spectrum sunscreen with a minimum of SPF 30. This includes driving to work.
- AVOID laser treatments, waxing, the use of depilatories, or microdermabrasion for 2 weeks.
- Resume the use cream and treatment as advice by physician.
- AVOID swimming, sauna use for at least 3 days after the peel.
- If you were instructed to take an antiviral medication, DO complete the prescribed course.

The procedure may cause swelling, redness, crusting, and dryness, skin sensitivity, itching, and peeling of the site which could last for 3-5 days. Sometimes, after the peel, the skin may feel and look tight, with parchment paper like changes or darkening. These are expected reactions (Rarely).

After treatment, if you have any questions, concerns or experience any problems, please contact our clinic at 9871217300, 0124-6614282

