



# CHEMICAL PEEL

## POST-CARE TREATMENT

### POST-TREATMENT CARE:

- Gently cleanse your face twice a day with a gentle cleanser.
- Please do not pick or pull your skin at any time after your peel, as it can cause scarring. Your skin will take about 4 to 7 days to completely peel depending on the strength of the peel or treatment you received. Chemical peel on body, chest, or arms often takes longer (up to 3 weeks).
- Please do not exfoliate using a cleansing brush or any facial scrub or acid based products for 2 weeks; longer if peel is done on the body.
- Do not use any products that contain AHA, Glycolic, Retin-A, or any acne medication until your skin has finished peeling (usually 7 days, but possibly longer).
- Keep skin well hydrated by drinking at least three 8-ounce glasses of water per day, and moisturizing throughout the day with a good moisturizer (Skin Better Science recommended) both day and night. Reapply throughout the day as often as needed. Your skin should never be so dry that it is cracking or sore.
- Refrain from waxing, tanning, or using sunbeds for 3 weeks.
- Avoid working out and sweating for at least 24 hours and up to 48 hours.
- Finally, use SPF 30 or higher consistently throughout the day. Reapply as needed for this will limit your skin from burning in the sun (even when it's cloudy out or when sitting by a window) and will minimize the chances of more sun damage and possible discoloration.

**If you have any concerns or questions, please call 860-656-7482 or text 860-831-4341**

**Thank you for choosing Crystal Valley Medical Aesthetics**