

PEEL PREPARATION

If you will be having a chemical peel treatment please adhere to the following routine, as outlined below, in order to prepare.

1. Please refrain from these activities within 14 days of your appointment:
 - Any other chemical peel
 - Tanning in a tanning booth (2 to 3 weeks prior and post)
 - Waxing or chemical depilatory (5 to 7 days)
 - Cosmetic injectables such as Restylane/Perlane, Botox, Dysport
 - Microdermabrasion
 - Laser treatments
2. If you are pregnant or think you may be pregnant, you are only a candidate for a Lactic enzyme peel.
3. Please refrain from direct sun exposure for 14 days prior. Please do not come in to your appointment sunburned. You will not be able to receive your chemical peel
4. Stop the use of Tretinoin products (Retin-A, Renova, Differen, Tazorac, Refissa etc.) and high percentage Glycolic Acid products for at least 7 days prior to your appointment. Using any of these, or any other topical treatments that exfoliate the skin on a greater level, will take the treatment deeper and make your results less predictable.
5. Use of lower percentage exfoliants prior to your peel will help prepare the skin for treatment and result in more predictable and desirable results. If you are not already using skin-care products with a low percentage hydroxy acid (Glycolic, Salicylic, Lactic acid etc.), ask your esthetician about adding one into your skin-care routine prior to your peel.

A superficial/medium depth peel will result in minimal to moderate down-time. You may experience slight to moderate redness, tightness, peeling/flaking. Please refer to your "Post-peel care sheet" for instructions on how to treat your skin during this time. If you have any questions regarding the information above, please call our office. (843) 837-4400

