



## **CHEMICAL PEEL POST TREATMENT INSTRUCTIONS**

- Wash your face with cool water.
- Moisturize your skin and stay hydrated
- You may notice some skin peeling the first few days after the treatment. Do NOT pick or pull at flaking skin.
  
- Avoid exercise, sweating, saunas, and steam rooms for 3 days post treatment.
- Avoid direct sun exposure for 3-5 days if possible. If you cannot avoid sun exposure, use a high-quality sunscreen on all treated skin to avoid adverse outcomes.
  
- Avoid exfoliating any treated skin for 3-5 days after the treatment.
- Do not use alpha hydroxy acids or beta hydroxy acids for at least 3 days post treatment and up to 6 weeks if during a treatment cycle.
- Do not use Retin-A or vitamin A products for 7 days post treatment and up to 6 weeks if during a treatment cycle
- Do not wax the area for 10-15 days post treatment.

**If you have any questions or concerns give us a call  
(704) 868-6100**