

## Chemical Peel Care

You have had a chemical peel to improve the health and appearance of your skin. Depending on your skin type and the strength of the peel used, you can expect to start peeling 1-2 days after the peel was performed and continue to peel for 2-10 days. Not everyone peels.

Please follow these care instructions carefully to obtain best results and avoid any complications:

1. You will cleanse your face with a gentle cleanser. We recommend plain Vanicream cleanser, Dove bar soap, Cetaphil Gentle Skin Cleanser, or CeraVe Cleanser.  
Do not scrub!!
2. Keep your face moisturized at all times. If your face feels tight, it is a sign to apply moisturizer. We recommend Aquaphor or Vaseline.
3. Do not apply any type of glycolic acid or exfoliation products as this can severely damage or irritate the skin. If you are using medications for acne, discontinue these until the skin stops peeling. Discontinue any retinoids (Tazorac, Retin-A, Ziana, Atralin, Renova, Differin or Tretinoin) until your skin has healed and is no longer peeling.
4. **Avoid sun exposure.** Use a high SPF sun block to help block harmful UV rays.
5. Do **NOT** peel, rub or scratch your skin at anytime. This may cause damage your skin, compromise your results or result in scarring.
6. Call the office immediately at 205.871.7332 if you have Herpes (cold sores) breakouts. This can result in delayed healing and possible scarring. Your doctor will prescribe a medication to help prevent a breakout.
7. If the peeling area is not tender to the touch, you can apply makeup with a brush after applying a moisturizer with sunscreen. Do not use liquid foundation or concealer until you stop peeling.

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