



## POST-OPERATIVE INSTRUCTIONS FOR CHEMICAL PEELS

The difference between a fair and a great outcome depends on your compliance with a few simple instructions. Please read all instructions carefully. If you have any questions, feel free to call us or text us with any concerns: +506 7032-5570

Hydration is very important: drink plenty of water but avoid high sugar or carbonated drinks.

**The first two days after the peel are critical because the top layer of your skin is healing. AVOID SUN EXPOSURE.**

Use sun block **daily** with at least SPF 30 UVA & UVB or broad spectrum.

NO hot steam rooms, swimming in the ocean, or chlorine pools for at least 72 hours.

Your skin will look slightly pink to red (depending on depth of peel). It will also feel tight and may appear like you have a deep sunburn. This is normal and should be expected.

Skin will flake or peel, but you **should not** pick or pull at it. Wait for the skin to desquamate on its own. Desquamation means that old skin is sloughing off to make room for new skin.

Use a teaspoon of vinegar in one cup of distilled water to clean your skin a few times a day.

Apply an emollient to the treated areas after cleaning the skin. A thin coat of Aquaphor or Vaseline 2 to 3 times a day is a good option.

Do not apply over-the-counter creams or ointments on your skin until advised by your practitioner.

