



Protocol for Skin Preparation before Chemexfoliation

4 weeks before peel	<p>Protocol 1</p> <ul style="list-style-type: none"> - Triple-prep cream (<i>Fluocinolone 0.01% + Hydroquinone 4% + Tretinoin 0.05%</i>) applied over the whole face once a day. - Hypoallergenic broad-spectrum sunscreen (SPF 30 or greater). - Glycolic acid (AHA) 5-10% once daily. <p>Sequence</p> <ul style="list-style-type: none"> • Morning: skin cleanser > moisturizer > SPF > makeup • Evening: skin cleanser > AHA > Triple-prep <p>Protocol 2</p> <ul style="list-style-type: none"> - Tretinoin 0.1% applied once daily. - Glycolic acid (AHA) 5-10% applied once daily. - Hydroquinone 4% (HQ) applied twice daily. <p>Sequence</p> <ul style="list-style-type: none"> • Morning: skin cleanser > HQ> moisturizer> SPF > makeup • Evening: skin cleanser > Tretinoin> HQ > AHA
1 week before peel	Discontinue Triple-prep, Tretinoin, Hydroquinone, Glycolic acid. Continue mild skin cleanser, sunscreen SPF 30 or greater, and moisturizer.
1 day before peel	Start anti-herpetic medication (Valacyclovir or similar) at prescribed dose. Avoid facial hair removal techniques, including shaving.
Day of peel	Use mild facial cleanser. No makeup, sunscreen, or perfumes.