

# POSTOPERATIVE INSTRUCTIONS

## FOR CHEMICAL PEELS

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Complying with a few simple instructions can make the difference between a **fair** and **great** outcome.

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# PLEASE READ **AND FOLLOW**

All the following instructions carefully. If you have any questions, please call or text us with your concern at +(506) 7032-5570.

## 1 **HYDRATION**

The first seven days after the peel are crucial, as the skin's surface layer is regenerating. Hydration is a key factor in this process. Ensuring your skin is well hydrated is vital for a successful healing process. **Drink plenty of water** but avoid high-sugar or soft drinks.

## 2 **AVOID SUN EXPOSURE**

**Use sunscreen daily starting on the second day.** Make sure it has a protection factor (SPF) of **30 or higher** and is broad spectrum (UVA and UVB). **AVOID** visiting hot steam baths, swimming in the ocean, or entering chlorinated pools for at least 72 hours.



## WHAT TO EXPECT

Your skin will look slightly pink or very red, depending on the depth of the peel. It will also feel tight and swollen as if you had a sunburn. **This is normal and should be expected.**

It is normal for your skin to peel, **but you should not pick or pull at the flakes.** Please wait for your skin to peel on its own. Peeling means that old skin is coming off so new skin can grow.



# HOW TO CARE FOR YOUR SKIN

Follow these steps diligently to care for your skin after a chemical peel. This guidance is designed to support your skin's healing process.



## Cleansing

Dilute one teaspoon of vinegar in one cup of distilled water or use the cleansing product you purchased with your post-peeling kit. Clean the area treated with the peel two to three times a day.



## Moisturizing

After cleansing your skin, apply a thin layer of an emollient product to the treated area. You can use Aquaphor Spray or the product indicated in the post-peeling kit.



## Sunscreen

Finally, apply a thin layer of sunscreen. Make sure to use a product made for sensitive skin.

## NOTE

Do **not** apply generic creams or ointments to the skin until your doctor has indicated that it is safe to do so.

