



## Chemical Peel Treatment Instructions

### Pre-Treatment:

- Avoid facial shaving/waxing and skincare products such as Retinol, Tretinoin/Retin-A, Vit C that could be irritating for 1-week prior.
- No sun exposure or tanning/tanning products 7-10 days prior.
- Wait at least 3-4 weeks after any laser, peels, or microneedling treatment before treatment.
- Remove any make up prior to your appointment.
- Please inform your provider if you have a history of cold sores or any active infections or skin cancer.
- If you need to cancel/reschedule your appointment, please provide a 48 hour notice to avoid any fees.

### Post-Treatment

- Leave peel on for at least 8 hours, then using a gentle cleanser you may wash and moisturize the skin.
  - If VI Peel treatment was performed, please follow the post procedure kit instructions.
- Please have clean sheets and pillowcase to avoid any contamination.
- Sunscreen should be applied daily, and reapplied if needed. Make up may be applied over sunscreen.
- Avoid swimming, vigorous exercise, hot tubs, saunas, and steam rooms for 48 hours.
- Tightness/Itchiness is normal, a gentle moisturizer can be applied to help soothe the skin.
- Avoid using Retinol, Tretinoin/Retin-A, Vit C, and any products that can irritate your skin should be avoided until peeling is complete (about 7 days).
- DO NOT pick peeling skin, as it can damage the new skin, you may use clean cuticle clippers/scissors to trim off the flaking skin. Peeling generally occurs from day 2-7 after treatment.

If you have any questions or concerns pre/post treatment, please contact our office at 503-699-6464

After Hours: 503-238-8369



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