

Chemical Peel Aftercare

After a chemical peel of any depth, your skin will be red, tight, irritated or swollen. Recovery times will vary based on the type and strength of the peel. Follow the directions for sun protection, cleansing, moisturizing and applying protective ointments to your skin. By keeping your skin moist, you'll minimize itchiness and irritation and speed up the healing process. **Avoid picking, rubbing, or scratching your skin as it can lead to scarring.** It may take several weeks before your skin color returns to normal and you can see the full results of the peel. Do not exfoliate the treated area or use a skin cleaning device for 2 weeks. Sun exposure should be avoided while skin is peeling; exposure of treated skin to a lot of heat should also be avoided as it may induce swelling and redness.

After a light chemical peel, treated skin will be red, dry and mildly irritated-although these effects might be less noticeable with each repeat treatment. Please make sure you keep the skin moist for the next several days using a fragrance-free moisturizer (we recommend Cerave) and Aquaphor/Vaseline as needed. Do not exercise for the next 24 hours as you do not want to overheat the skin. The first 1-3 days your skin will feel tight and dry. Cleanse your skin the night of the treatment with a mild cleanser (we recommend Cerave) and apply a moisturizer. The next morning you will cleanse the skin and apply a moisturizer and sunscreen (we recommend Elta MD or La Roche Posay) You will start to peel around day 3 (do not pick or peel skin). Follow these steps for the next several days. You can apply make-up after 24 hours. Your skin may become darker as it peels/flakes off, this is normal. Apply a thicker moisturizer at night and throughout the day as needed to keep skin moist. Peeling should be complete by day 7.

After a medium/deep chemical peel, treated skin will be red, tight and swollen and you will feel stinging and a sunburn sensation for the next few days. You can use ice packs for comfort if needed. Over the counter pain relieving medication, such as ibuprofen or naproxen may help reduce any discomfort. Do not exercise for the next several days as you do not want to overheat the skin. The night of your peel, we recommend you sleep in an upright position to reduce any swelling. As the swelling decreases, treated skin will begin to form a crust and might darken or develop brown patches. Make sure you do not pick at or pull any shedding skin as this can result in scarring. Treated areas can take up to a month or longer to completely heal. You can stay red for several weeks following a deeper peel. The day of the peel you can rinse your skin 4-6 hours after your treatment with cool water and a mild cleanser if needed (we recommend Cerave). Apply a layer of either Aquaphor or Vaseline to the treated area. The next morning cleanse the area and apply an application of sunscreen (we recommend Elta MD or La Roche Posay), and a layer of Vaseline. Reapply Vaseline throughout the day to keep skin moist.

Repeat this process for the next several days. You can start to wear make up after day 7. We will schedule a follow up for 2 weeks post procedure and evaluate your skin.

Please call our office with any questions/concerns. 843-459-8400