



CHEMICAL PEELS PRE AND POSTCARE ADVICE + CONTRAINDICATIONS

PRECARE ADVICE:

Patients should avoid the use of the following products and procedures on the area to be peeled for **5-7 days prior** to the peel:

- Laser Hair Removal
- Waxing
- Depilatory Creams
- Electrolysis

There are certain products that may increase skin sensitivity and/or cause a stronger reaction to the peel if used up to the day of the peel. Patients should avoid the use of the following products for **3 days prior** to the peel:

- Topical retinoids and tretinoin (such as Retin-A, Renova, Differin, Tazorac, and Refissa)
- Other topical acids or exfoliants that may be drying or irritating to the skin (such as alpha hydroxy acids [AHAs], beta hydroxy acids [BHAs], exfoliating masks, retinols, hydroquinone, and benzoyl peroxide acne products)

CAUTION: Patients who have recently had any medical aesthetic facial treatments or procedures (laser treatment, microdermabrasion, etc) should wait to have any acid-based peel until all lingering skin sensitivity has subsided.

ENSURE YOU TAKE THE FOLLOWING PRECAUTIONS FOR THE NEXT 5-7 DAYS AFTER TREATMENT:

- Always use a sunscreen with an SPF of at least 30 for at least a week (use a *physical* as opposed to a chemical sunscreen for the first few days to avoid irritation)
- Avoid direct sun exposure
- DO NOT EXFOLIATE – though you may experience mildly dry, red, or flaky skin for several days after the peel
- Treat the skin gently
- Avoid AHA and BHA products, retinoids, retinols, and facial products containing fragrance – use a mild moisturiser

What to expect after your peel:

Following the peel, your skin may be slightly dry and red for 1-2 days. Mild peeling should start to occur after 48 hours and can last 2-5 days. You should not speed up this process with any sort of physical exfoliation, but should treat the skin very gently during this time.

CONTRA-INDICATIONS

- Active cold sores, herpes simplex, or warts in the area to be treated
- Wounded, sunburned, or excessively sensitive skin
- Currently Pregnant or breastfeeding (some peels, however, are suitable e.g. Dermapen Uber Pro Peel)

Additional Advice

Use a sunscreen daily, not just for 7 days after chemical peels. Sunlight contains Ultraviolet (UV) rays, which are the main cause of skin ageing and can cause skin cancer. We recommend a *physical* as opposed to chemical sunscreen immediately after a chemical peel to avoid potential skin irritation. It is important to wear an SPF that protects the skin from UVA, UVB rays and environmental aggressors (we have a selection available in-clinic for purchase).

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