



CHEMICAL PEEL PRE & POST-CARE INSTRUCTIONS

We look forward to seeing you at your appointment! Below are the pre- and post-care instructions for your treatment:

PRE-CARE INSTRUCTIONS:

Please do not:

- Have a chemical peel if you are pregnant, breastfeeding, or are allergic to any of its ingredients
- Apply products that are potentially irritating for 2-5 days before your treatment unless otherwise directed by your provider (examples- tretinoin/retinoids, alpha and beta hydroxy acids, benzoyl peroxide, hydroquinone)
- Apply self tanner to treatment areas 2 weeks prior to appointment

Please do:

- Inform your provider if you have any questions prior to the treatment.
- Inform your provider if you have had any medical updates including new medications, allergies, surgeries or medical events.
- Inform your provider if you have a history of cold sores to receive advice on antiviral therapy prior to treatment.
- Inform your practitioner if you have taken Accutane/isotretinoin (oral acne medication) in the past year.
- Avoid sun exposure prior to treatment. Use SPF 30+ if you are going to be exposed to the sun.
- Avoid cosmetic procedures such as microneedling, microdermabrasion, and laser procedures for two weeks before and after treatment, unless otherwise directed by your provider.
- Reschedule your appointment if you have any open wounds or active skin conditions such as cold sores, eczema, psoriasis, dermatitis, or warts in the treatment area.
- Schedule appointments prior to special events with your provider so that you achieve the best results and are not in a recovery phase during your event.

Day of Treatment:

- If possible, arrive with a makeup-free face.
- Men - Shave coarse hairs in the treatment area before your peel.
- Arrive a few minutes before your scheduled appointment time to complete the check-in process, update or fill out any necessary paperwork and take progress photos.
- Expect tingling, heat sensation and stinging during the procedure. You will be given a fan to make this more comfortable.

- Depending on the treatment recommended by your provider, your peel may need to remain on your skin for 6-8 hours or overnight. Showering, washing or sweating will need to be avoided during this time.
- For medium to strong peels, you will go home with an after-care kit to use after your treatment.

POST CARE INSTRUCTIONS:

Expectations:

- Peeling may be mild to moderate. If no peeling is present, this is also normal and the peel will still provide the indicated benefits.
- Flaking or peeling typically begins on day three after the treatment. This is a normal process and will subside in a few days.
- Residual redness can last for approximately one to twelve hours post-procedure.
- Existing freckles or brown spots may become darker after your peel. This is temporary and will subside after your skin is rehydrated.

Please do:

- Return to work and most social activities immediately post-procedure.
- Notify us immediately if complications arise.

Please do not:

- Pull, scratch or pick at any of the peeling or flaking skin
- Have cosmetic procedures such as waxing, exfoliating treatments, lasers or injectables in the treated area for at least two weeks after peeling has resolved
- Use hot tubs, swimming pools, steam rooms or saunas or put the treated area directly into a hot shower spray until after peeling has resolved
- Use retinoids, benzoyl peroxide and alpha and beta hydroxy acid or other active ingredients until peeling and flaking has completely resolved.

Skin Care/Makeup Application – Medium or Strong Peel:

- **Day of Peel:**
 - Avoid washing or applying water to the treatment area until directed by your provider.
 - If discomfort such as itching or heat sensation is present after receiving the peel, apply glo MD Everyday Glo Hydrating Gel and/or glo MD Repair & Glo Nourishing Cream from your after care kit.
- **Days 1-3+:**
 - **Use the post-procedure skin care for three to seven days or until flaking has resolved.**
 - **AM**
 - Cleanse with glo MD Everyday Glo Cleanser. Rinse with warm water and pat dry.
 - Apply glo MD Everyday Glo Hydrating Gel. Repeat as needed throughout the day.
 - Apply glo MD Repair & Glo Nourishing Cream. Repeat as needed throughout the day.
 - Apply Protect & Glo Sheer Mineral SPF 35. Repeat as needed throughout the day.
 - **PM**

- Cleanse with glo MD Everyday Glo Cleanser. Rinse with warm water and pat dry.
- Apply glo MD Everyday Glo Hydrating Gel.
- Apply glo MD Repair & Glo Nourishing Cream.
- Makeup other than mascara, eyeliner, lip products and pure mineral powders should be avoided until peeling has resolved.

Skin Care/Makeup Application – Light Peel:

- **Day of Peel:**
 - Before bed, cleanse your skin with a mild cleanser and apply a hydrating cream such as SkinBetter Trio Rebalancing Moisture Treatment.
- **Day 1+:**
 - Continue your regular skin care regimen as tolerated.

Exercise:

- Avoid vigorous exercise or activities that cause excessive perspiration for 24 hours following procedure.

Sun/Light/Heat Exposure:

- Resume sun protection and SPF 30+ application immediately after the treatment.
- Stay cool. Overheating internally can cause hyperpigmentation.

Thank you!

glo MD Aesthetics and Wellness

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