



Pre/Post Chemical Peel Care Information

The Chemical Peel was designed to remove superficial layers of skin, dry out active acne, dislodge blackheads, reduce shallow wrinkling and scarring, help lighten hyper pigmentation and improve the overall appearance and health of sun-damaged, acne prone, aging skin.

What to expect:

You may experience a warm, tingling or a burning sting during the application. You may take Ibuprofen prior to treatment to help relieve any discomfort. After application of peel, skin may appear white and frosted. This will subside in a few hours. During the next few days the skin may appear red and progressively deepen to a tan/ brown color. Skin conditions during the peeling process may range from mild stinging, mild swelling and redness, mild crusting and possibly peeling. It is most common to experience a light exfoliation rather than peeling. It may take several treatments to target deeper of the skin. The skin can become very dry, tight and somewhat uncomfortable. You may notice exacerbation of acne after treatment. Results will vary with each client. It is recommended that you do not apply makeup the day of the treatment.

Prior to Treatment:

- Do NOT use Accutane 6 months prior to a chemical peel, during the treatment, and 6 months post peel.
- Prior or current use of Retin-A may increase sensitivity to the acids and intensifies **the treatment. Suspend use of Retin-A/Tazorac and/or Vitamin A topicals at least 2 weeks prior to treatments.**
- Advise your aesthetician if you have an allergy to aspirin, milk, Salicylic Acid, Lactic Acid and/or Resorcinol.
- Clients with a history of keloids or abnormal scarring should not be treated.
- Men should shave 12 hours prior to peel and not again until peeling is complete,

It Is Recommended that you take the following into consideration:

- for best results and to reduce the risk of complications, we recommended that you use pharmaceutical grade care products 10 to 14 days prior to treatment
- if you are lactating, pregnant, or may be pregnant, consult your physician before receiving any treatment
- avoid sun exposure and tanning beds for at least two weeks prior to treatment
- discuss any prescription medications you may be on with your aesthetician prior to treatment
- Waxing, depilatories or laser 2 weeks prior to the peel, and two weeks after the peel.
- Certain Chemical peels may not be appropriate for skin types 4-6
- Smokers who cannot refrain from smoking for the first 8 days of treatment will have slower healing time

If you have an active infection or certain diseases avoid chemical peels, including but not limited to:

- Active Herpes/ Cold sores, inactive only if on oral RX prior and during tx
- Eczema (inflamed or dormant)
- Rosacea

POST PEEL:

NB: You have been provided a **post care kit** containing wash, recovery balm and sunblock. Use only these products to wash, moisturize and sun protect for 7 days post procedure or until they run out.

AVOID direct sun exposure and excessive heat for 2 weeks.

Discontinue the use of any product that irritates your skin. Keep your skin hydrated. Hydration is the key to proper healing.

DO NOT cleanser your skin the evening of your peel.

DO NOT pick or pull any flaking skin.

DO NOT tan or use a tanning both for at least 14 days post peel.

DO NOT have electrolysis, waving, threading or any other form of hair removal for 7 days post treatment.

DO NOT use facial scrubs or mechanical forms of exfoliation for 14 days post peel.

DO NOT use retinoic acid, AHA or BHA for 14 days post peel.

DO NOT have laser hair removal, photofacial (IPL or BBL, chemical peels or microdermabrasion for 14 days post peel.

DO NOT apply ice or ice water on the treated area.

DO NOT use hot tubs, steam rooms, saunas, and/or excessively hot showers for 2 days post peel.

DO NOT participate in aerobic exercise or hot yoga for 2 days post peel.

DO NOT use makeup on your skin until peeling/ flaking is complete.

DO NOT use any aloe-based products, as these may cause unnecessary discomfort to the skin.

If you have any concerns or questions about chemical peels, or your treatment please contact the clinic.

Please contact us at 519-824-4567,
or email us at info@artmed.ca, or jane@artmed.ca
if you have any unanswered questions or concerns.