



Chemical Peels

Pre-Treatment Instructions

ONE WEEK BEFORE YOUR PEEL:

Inform Montrose Dermatology if your health status and/or medication has changed between your intake/consultation and your scheduled appointment.

Using a tanning bed before or after treatment will likely cause hyper/hypopigmentation or scarring in the treated area and is not permitted.

Avoid these products and/or procedures for one entire week prior to your treatment:

THREE DAYS BEFORE YOUR CHEMICAL PEEL:

Stop using:

- Any products containing AHA or BHA, or any product containing benzyl peroxide
- Any exfoliating products that may be drying or irritating

THE DAY OF YOUR CHEMICAL PEEL:

- Please arrive at your appointment with clean, dry skin in the treatment area.

Please do not hesitate to call the office if you have any questions about your scheduled CHEMICAL PEEL treatment.



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Post-Treatment Instructions

- Treatment day is “Day Zero”. It is recommended you purchase the *Post-Peel Treatment Kit*.
- Keep treated area clean, moist and protected from the sun:
 1. **Cleanse morning and evening with the cleanser recommended in the post-peel treatment kit using cool water.**
 2. **Moisturize morning and evening with the moisturizer recommended in the post-peel treatment kit.**
 3. **Moisturize more frequently if dryness / tightness is uncomfortable.**
 4. **Use the sunscreen recommended in the post-peel treatment kit at all times when exposed to the sun.**
- Wash gently using your finger tips. Blot dry. Do not wipe or rub on the treated area until day three.
- The treated area may look red and discolored for one day up to two weeks.
- Flaking skin within a few days after treatment is normal but not always present. Please use the moisturizer recommended while the skin is flaking. You can return to your regular moisturizer when flaking is done.
- Some patients may experience crusting and pinpoint scabbing. Please use the moisturizer recommended while the skin is scabbing.
- Do not shave the treated area until skin is no longer flaking.
- Avoid any irritating medications or chemicals like Retin-A, Benzol Peroxide, Glycolic Acids or astringents for one week.
- Avoid all sun exposure for 24 hours post treatment. Avoid dust and environmental pollutants as much as possible for 24 hours post treatment.
- Avoid sweating / perspiring, hot tubs, swimming, steam rooms, or saunas for 48-hours post treatment.
- Avoid caffeine for 24 hours post treatment.
- Do not pick or pull on any loosening or peeling skin. This could cause hyperpigmentation.
- Do not apply ice or ice water to treated areas.
- Minimize sun exposure for 72 hours post treatment. Use the recommended sunscreen every day.
- Using a tanning bed before or after treatment will likely cause hyper/hypopigmentation or scarring in the treated area and is not permitted.
- If prolonged irritation occurs, please contact our office.



Chemical Peels

General Information

CHEMICAL PEELS:

A chemical peel is solution applied to the face to remove dead skin cells and stimulate the growth of new cells. The goal is to improve the appearance of the skin

Example: by reducing age spots and evening out skin tone.

CONTRAINDICATIONS FOR CHEMICAL PEELS:

- Individuals who are receiving Accutane treatment for acne
- Individuals who have a personal or family history of scar tissue abnormalities such as keloid scars
- Women who are nursing, breastfeeding, or actively trying to get pregnant
- Anyone with open sores, lesions, infections, or poorly managed chronic skin conditions
- People who spend large amounts of time outdoors receiving direct sun exposure
- Individuals with naturally darker skin tone may be at an increased risk for pigmentation concerns related to chemical peels.

WHAT TO EXPECT DURING THE CHEMICAL PEEL:

Once the peel is applied and begins drying, you may feel a burning or tingling sensation due to its high acidic chemical composition. The amount of burning or tingling will vary based on the type of chemical peel you are receiving.



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General Information

POST CHEMICAL PEEL EXPECTATIONS:

- First few hours – you’ll notice some redness, tingling, or burning
- First few days – you may notice some dryness, irritation, and mild swelling
- Two to Three days – your skin may look flaky or peel, and discolorations or imperfections may temporarily be more noticeable
- Three to four days – you may breakout or notice skin looks tan or slightly darker than usual
- Five to seven days – all side effects should start to subside, and your skin should begin to look and feel “normal”
- Seven to fourteen days – you’ll see the formation of healthy, new skin, but you may notice some redness or skin that is darker or lighter than usual for up to a month

GENERAL POST TREATMENT INSTRUCTIONS:

- Avoid all sun exposure for 24 hours, then minimize sun exposure for 48 hours.
- Wash your face with cool water. Warm or hot water might not feel as good as cool or cold water, which can help soothe post-peel sensations.
- Moisturize and hydrate. Since peels can temporarily compromise your skin’s protective barrier, it’s important to reinforce that barrier with a medium-to-thick moisturizer.
- Apply sunscreen with SPF30 or more. Your skin is more delicate after a peel, so avoid direct sun exposure, which can lead to even more visible signs of skin aging.
- Avoid strenuous workouts, dry saunas and steam rooms. Increased blood circulation to the face can intensify warming, tingling, itching, redness or other uncomfortable side effects on freshly peeled skin. Skip such activities on the day you use a peel.
- Don’t over-exfoliate. Over-exfoliating can lead to more redness or sensitivity, so wait until your skin feels up to it.
- Once your skin feels “back to normal” after a peel, it’s generally considered OK to resume your normal skin care regimen.