



Chemical Peel Patient Handout

Treatment Time: The procedure typically takes around 30-45 minutes.

A chemical peel is a treatment that removes the outer layers of skin to reveal smoother, younger-looking skin. It's often used to treat acne, wrinkles, dark spots, and scars, mainly on the face. Peels come in three levels—light, medium, and deep—based on how much skin they remove. Light peels treat fine lines, acne, uneven skin tone, and dryness by removing the outer layer of skin (epidermis). They can be repeated every two weeks for acne or anti-aging purposes. Medium peels go deeper, targeting both the outer layer and upper dermis to address wrinkles, acne scars, and discoloration.

Pre-Treatment Care

1. Consultation

- Medical History: Share any medical conditions, allergies, medications, supplements or topical products you're using with your provider.
- If you have ever had cold sore history in the treated area, must take 1 gram Valtrex, 3 days before and after treatment. Active cold sores will require the treatment to be postponed until it is completely gone.
- Expectations: Discuss your cosmetic goals with your provider to align your expectations with what the treatment can achieve. Multiple sessions may be necessary.

2. Medications and Supplements

- Prescribed Medications: Do not stop any prescribed medications without consulting your healthcare provider
- Avoid blood thinning medications for 1 week prior (Ex: Aspirin, Naproxen, ibuprofen, and supplements like vitamin E, fish oil, and garlic, etc)

3. Sun Exposure & Tanning

- Stay away from sun exposure, tanning beds, and artificial tans for 2-4 weeks before the procedure to reduce the risk of complications. Please be honest with your provider about any exposure to these as they can trigger adverse effects.

4. Skin Care Routine

- Discontinue exfoliating and retinoid products (such as Retin-A, Differin, Tazorac, Renova, Tretinoin or Vitamin A derivatives) 1 week before treatment to prevent irritation.

5. No Recent Tattoos, Injectables or Waxing

- Avoid getting any new tattoos or injectable treatments (like Botox or fillers) on the area to be treated within 2 weeks of your appointment.
- No waxing, dermaplaning, microderm or any facial procedures 2 weeks prior.

6. Hydration

- Stay hydrated 1 week before your treatment to support skin health and healing. Please arrive at the office with clean, hydrated skin.

Post-Treatment Care

1. Gentle Skin Care

- No skincare products for 4 hours after treatment
- Treat your skin gently for 1 week. Cleanse with a gentle cleanser, pat dry—do not rub. No retinoids or exfoliants for 1 week. No picking or scratching at scabs or peeling skin to prevent scarring or infection.
- 3 days after treatment, apply Vitamin C in the morning, followed by SPF 30+. No makeup or heavy skincare products on the treated area for 48 hours post treatment.

2. Sun Protection

- Complete avoidance of direct sunlight for 1-2 weeks - no exceptions! This can cause a deeper level peel and scarring.



- Always wear a minimum SPF 30, reapply every 2 hours.
- Wear protective clothing: wide-brimmed hats and use physical barriers like umbrellas.
- 3. Avoid Heat and Sweat**
 - No overheating or heavy sweaty hot showers, baths, saunas, steam rooms, or intense exercise for 2 days.
- 4. Expect Peeling: No Picking or Scratching**
 - Do not pick at or scratch the treated area, even if you are experiencing mild peeling or flaking, as this can lead to infection or scarring. Allow the peel to do the work. It is expected that your skin will peel for up to 1 week.
- 5. Hydration**
 - Drink plenty of water to aid in healing
- 6. Medications/Managing Discomfort**
 - If you are experiencing mild discomfort, or a sunburn sensation, you can use acetaminophen and/or Benadryl for swelling (take as directed). Avoid NSAIDs like Ibuprofen unless otherwise advised by your provider.
 - If you have ever had cold sore history in the treated area, must take 1 gram Valtrex, 3 days before and after treatment.
- 7. Signs of Complications**
 - Please call the office if any abnormal/worrisome skin reactions, redness, swelling, or changes occur.
- 8. Follow-Up Appointments**
 - Attend all scheduled follow-up appointments. For a series of treatments, schedule 1 month apart (with optimal results typically achieved after 3-6 sessions). However, the number of treatments required may vary based on individual patient needs.

Important Considerations and Contraindications

Laser treatments are not right for everyone. Please discuss the following conditions with your provider, as these will affect your treatment.

1. Active viral or bacterial infections
2. Open lesions or cold sores
3. Atopic dermatitis/eczema
4. Recent chemotherapy or radiation
5. Sunburned skin
6. Inflammatory rosacea
7. Accutane within the last year
8. Salicylate allergies
9. Pregnancy or breastfeeding
10. History of scarring complications
11. Delayed wound healing, Diabetes

Understanding Risks Factors

Like any medical procedure, there are risks involved which include temporary or permanent change in the color of your skin, redness and sensitivity, swelling, scarring, blisters, burns and infections.