



POST ACNE PEEL INSTRUCTIONS

HOW SHOULD I CARE FOR MY SKIN AFTER THE PEEL?

- Wait a minimum of four to six hours before contact with water.
- Avoid strenuous exercise on the day of the procedure.
- Do not pick at peeling skin. Start at-home regimen once peeling has stopped or according to your physician's recommendation.
- Sunscreen of at least SPF 30 should be used every morning and reapplied as appropriate throughout the day, seven days after the procedure and every day during a series of chemical peels. Sunscreen must be reapplied every two hours to remain effective.
- Skin sensitivity can persist for three to five days. It is important not to re-introduce any Retinoids during this time period.

WHAT CAN I EXPECT AFTER THE PEEL?

- Redness and tightness of the skin is possible for two to three days. In most cases, redness disappears within three hours of the chemical peel.
- Flaking can occur for five days post-peel. Skin peeling can occur for five days if the peel is done at a medium depth, less if done superficially. If flaking and/or peeling occurs, we recommend an emollient cream twice daily until the flaking/peeling stops.
- Blisters, swelling and prolonged redness can occur with these peels, but it is not typical. Please notify us if any of these occur.

WHAT IF MY SKIN DOES NOT PEEL?

If there is no peeling or flaking, it does not mean that the peel is not working. Each patient reaction is different. There are many factors that contribute to whether the skin will peel. The results will not be compromised if you do not experience a peel.

WHEN SHOULD I SCHEDULE MY NEXT PEEL?

Ten days is ideal, but the optimal range is seven to fourteen days.

HOW MANY PEELS DO I NEED FOR BEST RESULTS?

A series of three peels is best. But more or less may be done depending on your physician's recommendation.

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