

Chemical Peel Aftercare

You have just received a chemical peel. This treatment is intended to treat acne, pigment disorders, and or pre-cancerous lesions on the skin.

During the recovery period you may experience stinging, itching, burning, a tight feel of the skin, redness and peeling of the skin (symptoms similar to a severe sun burn). Symptoms will decrease over 1-2 weeks.

Post Peel Care

- You may apply cool wet washcloths gently against the treated areas immediately after treatment.
- Wash the area gently with a mild cleanser twice daily and follow with moisturizer and or moisturizing sunscreen of your choice.
- Do not wax or shave the area peeled until you are healed to do so.
- Apply petrolatum (Vaseline or Aquaphor) liberally to all treatment areas 2-3 times a day and cover with non-stick gauze (for non-facial areas) or cotton clothing until skin heals. Do not allow skin to become dry, it will cause more itching and discomfort.
- Do not use abrasive or exfoliating sponges on treated areas.
- Avoid extensive sun exposure – stay indoors or wear protective clothing.
- To avoid possible scarring, do NOT: peel, pick, scrape, scratch the skin. You can trim the skin with scissors if necessary.
- Use sunscreen and moisturizers liberally while skin is flaky. Make-up may be resumed once there are no open wounds.
- You may resume topical medications once the redness or flaking has subsided.
- You may take Tylenol or other pain medications as needed for discomfort.

If you experience extreme swelling or blisters on the lips or the treated area, please urgently call our office to be evaluated.

Please do not hesitate to call with questions or concerns 512-533-9900