



Chemical Peel, Medical Microdermabrasion

Post Treatment Care

1. When cleansing, do not scrub. Use a gentle cleanser. Use a moisturizer to keep skin hydrated.
2. With any peel, your skin may start to peel 1-3 days after the peel and continue to peel for 2-5 more days; however, it is also possible your skin may not peel at all.
3. Do not peel, pick or scratch the treated area, as this may result in scarring.
4. Avoid exercise, saunas, hot tubs or steam treatments for at least 24 hours/
5. Do not have any other facial treatments for at least 2 weeks after your peel or until the skin is smooth and back to normal.
6. Avoid wearing make up for 24 hours.
7. Avoid excess sun exposure for 2 week. Always wear your sunscreen; apply a sunscreen with SPF 30 every morning.

After Peel: Patients may have tightness and smoothness immediately post-peel. Peeling usually begins 1-2 days after peel and can extend up to 7 days. Transient hyper-pigmentation and superficial crusting is possible in areas of inflamed acne. Skin type III may experience darkening after peel due to increased shedding of the outer layers. Minor side effects may include, but are not limited to superficial crusting, edema and temporary bruising in the lower eyelid areas, hypo-pigmentation, temporary dryness and hyper-pigmentation, all which typically resolves quickly