

## Chemical Peel Instructions

Chemical Peels are used to improve tone, texture and clarity to the skin. They also improve hyperpigmentation, melasma, acne and acne scarring and soften lines and wrinkles. Your doctor will help you decide which might be best for you. .

### Before your treatment:

1. Sun Exposure: Avoid tanning and tanning products 2 weeks before your peel.
2. Medications: Please inform us if you have taken:
  - a. Isotretinoin in the past 6 months.
  - b. Topical retinoid products and glycolic products. You should discontinue 3 days prior to treatment.
3. Medical Conditions: Please inform us if you have a history of:
  - a. Active Connective Tissue Diseases like Lupus
  - b. Cold Sore Breakouts (Herpes Simplex) - we will give you medication to help prevent this from occurring.
  - c. Active Infections and Current Chemotherapy or Radiation therapy
  - d. Pregnant or Breastfeeding
4. Expected Healing Course
  - a. Your skin will initially feel tight for 1-2 days followed by gentle peeling on day 3-5 with completion by day 7

### After your treatment:

It is important to maintain the optimal conditions for healing. Please follow the instructions below.

1. Gently clean your face twice daily with a mild cleanser such as Cetaphil or CeraVe and lukewarm water.
2. Keep the treated area moist with a cream based moisturizer such as CeraVe or Cetaphil cream and Vaseline/Aquaphor if needed.
  - a. TCA Peel Patients - Vinegar Soaks: 1-2 times a day for the first 3 days: Mix 1 tablespoon white vinegar with 1 cup cold water. Place a soft washcloth in this solution and apply gently for a few minutes.
  - b. Vi Peel – Use Post Care Kit as instructed
3. Do not rub, pick or pull at the peeling skin. This is important to avoid discoloration post peel.
4. You can expect itching. It is okay to take an antihistamine such as Zyrtec or Benadryl if this is a problem.
5. Avoid direct sunlight while peeling.
6. Use a sunscreen with SPF 30 or higher during the day.
7. Do not use any glycolic or retinoid product for at least one week or until peeling is complete.
8. Make-up should be avoided until 1-2 days after peeling is complete.
9. You may resume your normal skin care routine 1 week after the peel.

### Pricing:

- Salicylic Acid 20% and 30% - \$120
- Jessner's Peel - \$140
- TCA 15-20% - \$250
- Vi Peel - \$300
- Vi Peel + Precision Plus Booster - \$380

