

# Chemical Peel Pre + Post Care

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## Pre-Treatment Care

Proper preparation is essential to ensure safe treatment and optimal results.

### Avoid 7 Days Prior

- Sun exposure and tanning (including self-tanners)
- Electrolysis, waxing, depilatory creams, or laser hair removal in the treatment area
- Exfoliating products or treatments
- Shaving the treatment area

### Avoid 4 Days Prior

- Retinoids (including prescription tretinoin)
- Salicylic acid, AHAs/BHAs
- Vitamin C and hydroquinone

### Additional Recommendations

- Use broad-spectrum SPF 30+ daily
- Keep skin well hydrated with gentle, medical-grade skincare
- Notify us of any active irritation, cold sores, or recent procedures

## Post-Treatment Care

Your skin will go through a renewal process—proper aftercare is critical.

### First 24–48 Hours (Critical Healing Phase)

- Keep skin cool — excess heat can increase risk of hyperpigmentation
- Avoid:
  - Hot showers directly on treated skin
  - Saunas, steam rooms, hot tubs
  - Swimming or heavy sweating
- Do not use:
  - Exfoliating tools (loofahs, brushes, cleansing devices)
  - Hair dryers directly on the skin
  - Ice or ice water on the treated area
- Avoid makeup the day of treatment (may resume the following day if skin is intact)

## What to Expect

- Skin may feel tight, dry, or windburned for 2–3 days
- Peeling typically begins within 2–3 days and may last 3–5 days
- Peeling can vary from light flaking to more visible shedding

### Important:

- Do not pick, pull, or peel the skin—this can cause irritation or pigmentation changes

## Skincare & Healing

- Use only post-procedure or gentle products until peeling is complete
- Keep skin hydrated and protected
- Avoid:
  - Scrubs or exfoliants
  - Waxing or dermaplaning
  - Active ingredients (retinoids, acids, Vitamin C, hydroquinone)

| Resume active skincare only once peeling has fully resolved and skin is no longer sensitive

## Sun Protection (Essential)

- Avoid direct sun exposure during healing
- Apply SPF 30+ daily and reapply every 2 hours when outdoors
- Wear hats and protective clothing
- Avoid tanning beds for at least 2 weeks (ideally always)

## When to Contact RN Esthetics

Please reach out if you experience:

- Excessive redness, swelling, or discomfort
- Blistering or crusting
- Signs of infection
- Prolonged irritation beyond expected healing