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### Medical Grade Chemical Peel Pre and Post Treatment

What you should know **BEFORE** your treatment with a Medical Grade Chemical Peel:

1. The treatment you have chosen is a chemical peel designed to exfoliate or remove the outer layers of the skin. The outcome of this treatment is individual to the client and is dependent on your participation in the pre and post treatment guidelines.
2. Use sunscreen daily.
3. If you have significant hyperpigmentation or are a darker skin-type, you may be prescribed hydroquinone. It is imperative that you apply this to the treatment areas each evening for the weeks leading up to your appointment. You should discontinue use 3 days prior to your appointment.
4. If you have a history of cold sores, you may receive medication to prevent complications with your peel. Please follow the directions very carefully and do not miss taking doses as they were prescribed. You will continue taking your medication until it is gone.
5. **Avoid irritants to the skin for at least 3 days. Examples include hydroquinone, Retinols/Retin-A, benzoyl peroxide, glycolic/salicylic acids, Vitamin C or astringents.**
6. Do NOT use self-tanning agents for at least two weeks before treatment. If you have used these products, thoroughly cleanse the area with abrasive/exfoliating scrub to remove all products.
7. Do NOT wax or use hair removal creams on treatment areas for 1 week prior to your treatment.

What you should know **AFTER** your treatment:

1. Stay Cool! Do not put treated skin directly into hot air or water... shower, hot tubs, steam rooms, saunas and sun are OFF LIMITS for at least one week.
2. Avoid sun exposure, tanning beds, hair dryers and ice/ice water on treated skin (extremes of hot and cold) for at least one week after treatment. This includes gardening, cooking over a hot stove, fireplaces etc.
3. Do not swim for 48 hours.
4. Do not exfoliate skin until completely healed (at least 7 days). Do not pick or pull any loose skin.
5. After the skin treatment, you should not necessarily expect to peel. However, light flaking in areas for several days is typical. Redness for 1-12 hours post treatment is normal.
6. Do not apply makeup the day of treatment.
7. Apply the recommended moisturizer at least twice a day and as needed if skin feels tight.
8. Avoid topical over the counter medications, acne products and retinoids for the week following your treatment.
9. Wear recommended broad-spectrum SPF every day.
10. Do not wax, tweeze or use hair removal creams to the treated areas for one week after your treatment.

Please call New Life Aesthetics if you have any questions 919-521-8282