

CHEMICAL PEEL POST-CARE

- Do not wash face or treatment area for 5 hours post treatment.
- Avoid working out and sweating for at least 24 hours and up to 48 hours.
- Gently cleanse your face twice daily with a gentle cleanser. (ZO® Gentle Cleanser or ZO® Balancing and Emulsion Cleanser are recommended.)
- Please do not pick or pull your skin after you start sloughing as this can lead to scarring. Your skin will take about 4-7 days to completely peel depending on the strength of the peel or treatment you received. Chemical peels on the body, chest or arms often take longer (up to 3 weeks).
- Please do not exfoliate using a cleansing brush or any facial scrub or acid-based products for 1-2 weeks or until skin is fully healed.
- Do not use any products that contain AHA, glycolic acid, Retin-A or any acne medication until your skin has finished peeling (usually 4-7 days, but possibly longer).
- Keep skin well hydrated by drinking at least three 8-ounce glasses of water per day and hydrate the skin with a hydrator like the ZO® Hydrating Cream as needed for dryness or cracking. This can be done 2x daily until healed.
- Refrain from waxing, tanning, and lasers for 3-4 weeks following the chemical peel treatment.
- If your skin becomes itchy and irritated at any time, you may apply a 1% OTC hydrocortisone cream 1-2x daily.
- Use an SPF of 30+ daily, and reapply every 1.5-2 hours.
- If you have any blistering, severe reactions or any other questions/ concerns, please contact our office at 715-847-0000.

