

# POST-PROCEDURE RECOVERY GUIDE: CHEMICAL PEEL

## What to Expect After Your Treatment

Following your Chemical Peel treatment, you may experience redness, tightness, dryness, sensitivity, and peeling or flaking of the skin. The degree of peeling varies depending on the type and strength of the peel performed.

Peeling typically begins within 2–3 days and may continue for up to 7–10 days. Mild breakouts or darkening of pigmented areas can also occur temporarily during the healing process.

## Post-Treatment Instructions

### For the First 24 Hours

- Do not wash the treated area unless instructed otherwise
- Avoid touching, rubbing, or picking at the skin
- Avoid makeup unless approved by your provider
- Keep skin moisturized using recommended products only

### During The Peeling Process

- Allow peeling skin to shed naturally
- Do NOT pick, peel, scrub, or exfoliate the skin
- Avoid harsh cleansers, scrubs, washcloths, and exfoliating devices
- Use a gentle cleanser and lukewarm water only
- Apply moisturizer frequently to reduce dryness and discomfort

### Avoid for 5-7 Days

- Retinoids or retinol products
- Glycolic, salicylic, or other exfoliating acids
- Benzoyl peroxide
- Waxing or hair removal creams
- Facials or aggressive skin treatments
- Excessive sweating and strenuous exercise if skin feels irritated

## Common Side Effects

Temporary side effects may include:

- Redness
- Mild swelling
- Warmth or sensitivity
- Darkening of pigment
- Dryness or flaking

These effects are temporary and part of the normal healing response.

## Sun Protection Is Essential

- Your skin will be more sensitive to UV exposure after treatment.
- Avoid direct sun exposure
- Wear broad-spectrum SPF 30+ daily
- Reapply sunscreen regularly when outdoors
- Wear hats and protective clothing when possible
- Failure to protect the skin from sun exposure may increase the risk of hyperpigmentation.

## Please contact our office if you experience:

- Severe swelling
- Blistering
- Oozing or signs of infection
- Persistent pain
- Excessive redness lasting beyond expected healing
- Any symptoms that concern you

*Austin Cosmetic Medspa*

THE ART AND SCIENCE OF AESTHETIC MEDICINE  
BY CHRISTINE FISHER MD

(737) 312-3221