

Vitalize Chemical Peel Aftercare Instructions

Thank you for choosing us for your Vitalize Chemical Peel. Proper aftercare is essential to ensure safe healing and the best possible results. Please follow these instructions carefully:

What to Expect:

- Mild to moderate redness and tightness right after treatment
- Peeling or flaking typically begins around Day 2 or 3 and can last up to 5–7 days
- Skin may feel dry, rough, or sensitive during the peeling process
- Gradual improvement in skin clarity, smoothness, and radiance over 1–2 weeks

Immediately After Treatment:

- Your skin may appear pink and feel warm or tight
- Do not wash your face for at least 8 hours post-treatment
- Avoid makeup or applying any skincare products other than what is recommended by your provider
- Refrain from touching, rubbing, or scratching the treated area

First 24 Hours:

- Use only a gentle cleanser and fragrance-free moisturizer if needed
- Apply broad-spectrum SPF 30+ every morning, even if you're indoors
- Avoid heat, sweating, sun exposure, and any activities that cause flushing (e.g., workouts, saunas)
- Do not exfoliate or use active skincare ingredients like retinol, AHAs, BHAs, or vitamin C

Ongoing Care (Days 2-14):

- Peeling may begin around Day 2–3. This is normal — do not pick or peel the skin manually
- Continue using gentle, non-irritating products only (cleanser, moisturizer, sunscreen)
- Avoid sun exposure and always reapply sunscreen throughout the day
- You may resume active skincare products (retinol, acids, etc.) once peeling has fully resolved
- Hydration is key — drink plenty of water and moisturize regularly

ShimChing MD

Asia Pacific Plastic Surgery Inc.

When to Contact Us:

Please reach out immediately if you experience:

- Excessive redness, swelling, or discomfort lasting more than 3 days
- Signs of infection (pus, heat, unusual discharge)
- Persistent itching, rash, or allergic-type reactions
- Any reactions that feel abnormal or concerning

Additional Tips:

- Do not wax, shave, or use exfoliants until your skin has completely healed
- Sleep on a clean pillowcase and avoid touching your face unnecessarily
- Avoid facial treatments, laser procedures, and chemical exfoliants for at least 7–10 days
- Results are cumulative — consider a series of peels for deeper, more lasting results

If you have any questions or experience any unusual symptoms, please contact us at 808.585.8855. Thank you for trusting us with your care!