



Chemical Peels

Pre and Post Care Instructions

Care varies based on the strength of the peel: light, medium, or deep.

Pre-Treatment Care

- Avoid retinoids, glycolic acid, benzoyl peroxide, and exfoliants for 5–7 days before.
- Stop using self-tanners and avoid excessive sun exposure for at least one week.
- Do not wax, shave, or undergo laser treatments on the treated area one week prior.
- Keep skin well-hydrated and avoid excessive alcohol intake.
- Inform your provider about any history of cold sores (antiviral medication may be needed).

Post-Treatment Care

- Redness, darkness of the skin & peeling are normal; avoid picking or peeling skin.
- Use a gentle cleanser and moisturizer to keep skin hydrated.
- Avoid sun exposure and use broad-spectrum SPF 30+ consistently.
- Avoid makeup for at least 24–48 hours, depending on the depth of the peel.
- No heat exposure (hot showers, saunas, or workouts) for 48 hours.
- Stick to a simple skincare routine—avoid active products for at least 5–7 days.
- Chemical Peels come with a kit.