



MD Collection Chemical Peel

Post-Care Instructions

PPSD wants to provide you with the best possible result following your treatment. You can help to minimize the risk of complications by carefully reading and following your post-treatment care instructions. Ask us to clarify any item about which you have questions.

General Precautions Following Treatment:

- Wash the peel off 8 hours after applied
- Avoid the first 72 hours: saunas, strenuous exercise, excessively hot showers and activities that would result in excessive heat to the treatment area.
- Avoid the first 7-10 days: exfoliating products or physical exfoliation
- Do not rub, scratch, or pick at the treated area. You may experience/sensitivity, tightness, itchiness, and inflammation. Peeling begins typically around day 2 with days 3-5 the most intense days for peeling. Let the skin come off naturally.
- Mineral makeup may be applied 48 hours after the peel although it is best to remain makeup free.
- Once all peeling, flaking and irritation has ended, you may return to your normal routine.
- Avoid direct sun exposure and tanning beds for 2 weeks.
- Use a broad-spectrum UVA/UVB sun block SPF 30 or greater even when in the house. This may be applied immediately following treatment.

Post-peel Regimen for 10-14 Days, see chart below.

	AM	PM	As Needed
Cleanse	Sensitive Foaming Cleanser	Sensitive Foaming Cleanser	
Moisturize	Sensitive Soothing Balm	Sensitive Soothing Balm	Sensitive Soothing Balm
Sunscreen	Antioxidant sunscreen SPF 30 or higher		