

# GOSMETIC

## DERMATOLOGY

### **Chemical Peel Aftercare Regimen**

Which peel did I have today?

- ◆ Salicylic Peel
- ◆ Glycolic Acid Peel
- ◆ Jessner/TCA Peel
- ◆ Jessner Peel
- ◆ TCA Peel

**In order to ensure optimal results of your procedure, please follow these instructions:**

#### **Day 1-7:**

- Use gentle skin cleanser in the AM and PM. Product recommendations available upon request. If your skin is peeling, do not scrub or use a washcloth.
- Apply Aquaphor or Vaseline two to three times per day until skin is no longer peeling or red and feels normal to you
- Moisturize lips and corners of the lips frequently with Aquaphor or Vaseline.
- **AVOID** sun exposure while skin is red, swollen or peeling. If sun exposure is necessary, use a broad-spectrum sunscreen with SPF 30+ and a broad brimmed hat. Make sure sunscreen is reapplied every 2 hours. Mineral sunscreens are preferred as they are less irritating on healing skin (active ingredients zinc oxide and titanium dioxide).
- Apply cold compresses or ice packs as needed. If using tap water: boil, cool and store water in a clean container in the refrigerator.
- You may have swelling day 2-5 – this will resolve. Continue to moisturize frequently, apply ice packs, and drink plenty of water.
- **AVOID** strenuous exercise on the day of the procedure, and when skin is still red, swollen or peeling.
- Avoid swimming, sauna or whirlpool use for 7 days after the procedure.
- **AVOID** makeup use while skin is still red, swollen or peeling. If makeup is necessary, wear only mineral-based makeup and avoid heavy application.
- Peeling will generally start 48-72 hours after the procedure and can last 5 days. Areas around the mouth are usually first to peel.
- **DO NOT PICK OR PULL THE SKIN.** Allow skin to peel at its own pace. Premature peeling of the skin can result in dry, cracked, raw skin that may develop dark discoloration and increased risk of scarring.

#### **Week 2 and on:**

- Resume your skin care routine as directed by your physician after peeling and flaking resolves.
- Avoid the following procedures for one month following your peel (unless directed by your physician): facial injections, facial hair removal, microdermabrasion, and laser treatments.
- Maximum benefits are seen with a series of 3 or more peels, and results are cumulative. Peels can generally be performed every 3-6 weeks until desired results are achieved.

**Contact our office if you notice any significant drainage, crusting, blistering, or severe discomfort at your procedure site.**

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