



Preparing for Your Chemical Peel

To have the most successful experience with your chemical peel some careful preparation is needed.

1 month prior to your chemical peel, avoid:

Having a chemical peel, laser or light treatment (ex. IPL, BBL)

2 weeks prior, avoid:

Extended sun exposure

Using a tanning booth or tanning outdoors

* Tanning should be avoided in general due to the increased risk of skin cancer and accelerated skin aging from UV exposure.

5 days prior, avoid:

Getting waxed or using chemical depilatory treatment for hair removal

Use of a mechanical cleansing brush or device such as a Clarisonic

*We do not recommend use of these devices.

Discontinue use of prescription strength retinoids such as tretinoin (Retin-A, Renova, Ziana, Aklief), tazarotene (Tazorac, Fabior) and adapalene (Differin, Epi-Duo).

You may resume Rx strength topical retinoids 7-10 days post peel after complete skin recovery.

2 days prior, avoid:

Neurotoxin injections (ex. Botox, Xeomin) and dermal filler injections (ex. Juvederm, Radiesse)

Please let your aesthetician know if you:

Have a history of frequent cold sores.

An antiviral medication (valacyclovir) may need to be prescribed and is usually started 1 day prior to the peel and for 7 days after to prevent a problematic cold sore outbreak.

Are pregnant, breastfeeding or are trying to get pregnant.

Peels are not appropriate during pregnancy, and some are avoided during lactation (ex. phenol, TCA).

Have an allergy to aspirin, hydroquinone or benzoyl peroxide.

Have been on isotretinoin within the last 3-4 months to treat acne.

Have a history of keloid scars on the face or vitiligo

Have a history of radiation treatment to the area of peel application

Be mindful that for a truly optimal cosmetic outcome a series of peels (usually 3) is needed or a combination of synergistic treatments (peel + microneedling). Most people do not find that a single peel alone achieves their cosmetic goals.

Peels can be done year-round, but rigorous sun protection both before and after your treatment are recommended to avoid irregular pigmentation and to provide the best results. We recommend using a broad-spectrum sunscreen (SPF 30 and higher) daily, wide brimmed hats and seeking shade when possible. Mineral formula sunscreens with zinc oxide are preferred.

Exercise and steam saunas will need to be avoided for 4 days after your peel, so if this is a part of your routine, plan ahead and get your workout in prior to your treatment appointment.

You may need to adjust your social calendar to account for a few days of active skin peeling (typically days 3-5 after the peel).

Please come to your visit wearing no cosmetics and with freshly cleansed skin.

We are looking forward to working together towards a goal of healthy beautiful skin.