

## **Pre- and Post-Treatment Protocol for Superficial Chemical Peels**

### **Pre-treatment:**

- Discontinue use of retinoids/retinol, Vitamin C, and AHA/BHAs the week prior to treatment.
- Do not exfoliate, including chemical and manual exfoliation, the week prior to treatment.
- Avoid waxing, threading or the use of depilatory creams on the treatment area the week prior to treatment.
- Avoid direct sun exposure, including tanning beds, two weeks prior to treatment.
- Use SPF of 30+ daily.
- Inform your provider if you have taken Accutane in the past year.
- Inform your provider if you have a history of cold sores or fever blisters.

### **Post-treatment:**

- Avoid washing your face for at least 6 hours after treatment, but preferably overnight.
- Avoid strenuous exercise, as well as saunas, hot tubs or steam for 48 hours after your treatment.
- Use moisturizer as advised/provided by your treatment provider.
- Use SPF of 30+ daily.
- Do not pick, pull, peel or scrub actively peeling skin, as this can cause discoloration and possible scarring.
- Wait at least 7-10 days after your treatment before resuming retinol, AHAs/BHAs, or clinical-grade skincare products.