

DERMATOLOGY MEDICAL ASSOCIATES
POST CHEMICAL PEEL INSTRUCTIONS

YOUR SKIN MAY EXPERIENCE REDNESS, TIGHTNESS, PEELING, FLAKING AND DRYNESS FOR 7-14 DAYS; UNTIL THESE SYMPTOMS HAVE SUBSIDED, WE SUGGEST THE FOLLOWING HOME CARE REGIMEN:

- USE A GENTLE CLEANSER SUCH AS CETAPHIL, CERAVE, AVEENO, ETC.
- USE A MOISTURIZER GENEROUSLY (APPLY AS OFTEN AS NEEDED)
- USE A SUNBLOCK WITH ZINC/TITANIUM LIKE AVEENO BABY BLOCK OR CERAVE.

AVOID THE FOLLOWING AS IT MAY LEAD TO DISCOLOURATION AND SCARRING

- PICKING OR PEELING OF SKIN
- EXFOLIANT OR ROUGH WASH OR SCRUB
- RETIN-A, RENOVA, DIFFERIN, TAZORAC, VIT C OR ANY HIGH PERCENTAGE GLYCOLIC/SALICYLIC PRODUCTS

DRYNESS, FLAKING AND POSSIBLE BREAKOUT ARE CONSIDERED NORMAL TEMPORARY REACTIONS TO CHMICAL PEELS.

CHEMICAL PEELS ARE FORMULATED TO LIGHTEN, TIGHTEN AND BRIGHTEN THE SKIN; REGARDLESS OF WHETHER VISIBLE EXFOLIATION IS SEEN AFTER THE TREATMENT. IF PEELING DOES OCCUR, DO NOT PICK OR PULL OFF DEAD SKIN AS THIS COULD CAUSE HYPERPIGMENTATION AND COULD ALSO RESULT IN SCARRING.

FOR THE NEXT 2 DAYS:

- NO HOT SHOWERS, SAUNA, ETC.
- NO SWIMMING
- NO EXCESSIVE PERSPIRATION
- NO DIRECT HAIR DRYER ON AREA TREATED
- NO DIRECT SUNLIGHT AND OR TANNING BEDS

MAKEUP MAY BE APPLIED 24 HOURS AFTER THE CHEMICAL PEEL

1363 7TH AVENUE, E HENDERSONVILLE, NC 28792 P) 828-698-5757 F) 828-698-5799