

# ConradPetersen

## DERMATOLOGY

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### **Pre- and Post- Treatment Instructions for Chemical Peels**

#### **Pre-Chemical Peel Instructions:**

- Avoid sun, windburn, waxing, shaving, or any other exfoliating facial treatments for 1-2 weeks prior to treatment.
- Avoid any products that may be drying or irritating, including retinol or retinoid products and AHAs (i.e. glycolic acid) for 1 week prior to treatment.
- Patients must not have an active herpes simplex breakout (cold sores) or any other infections, rashes, or open wounds in the area to be treated. Notify your physician if you have a history of herpes simplex on the face.
- Notify your provider if you have taken Accutane within the last 6 months as it may affect your treatment.
- Do not proceed with this treatment if you are pregnant or breastfeeding.

#### **Post-Chemical Peel Instructions:**

- Wash your face gently twice a day with a gentle facial cleanser.
- Do not rub or scrub your face while washing or during the healing process.
- Do not pick or peel any loose skin from your face.
- Avoid exfoliants and retinol/retinoid products for 1 week after treatment.
- Avoid direct sun exposure for 2 weeks following treatment.
- Avoid heavy exercising/sweating for 24-48 hours after treatment.
- Men should not shave for 2 days following treatment.
- If there are any areas of persistent redness during the healing process, it may be necessary to apply a steroid cream 2-3 times a day.
- If irritation or excessive dryness occurs, apply Cicalfate, Aquaphor, or another ointment suggested by Dr. Conrad or Dr. Petersen.
- A repeat treatment may be performed monthly depending on the reason for the peel and the results obtained.