

Post Treatment Instructions – Chemical Peel

Skin areas that have been treated will appear red, irritated and moist for the first few days, which is a normal part of the healing process. Straining, bending, and heavy lifting should be avoided during the first week following your skin resurfacing procedure. Exercise or other strenuous activities may need to be delayed a few weeks longer. Dr. Chaboki will advise when you may resume normal activities.

Most patients are able to return to work in seven to ten days with makeup. The post-treatment redness gradually fades over a matter of weeks, leaving the skin with a fresher, smoother, more polished and youthful appearance. After the skin has healed, the routine use of sunscreen is recommended to protect your skin from damaging ultraviolet rays.

Maximize your cosmetic results after a chemical peel by following these basic post-treatment instructions. Please contact Dr. Chaboki with any questions.

Pre-peel instructions

- Retin-A ointment
 - Start 4 weeks prior to the peel
 - Apply as thin film over entire face, every night after washing your face
 - Stop the day of the peel
- Valtrex tablet
 - Start 1 day prior to the peel

Morning of peel

- May shave and clean face
- No makeup or sunscreen
- No perfume or cologne
- No jewelry

Post-peel instructions

Your skin is sensitive and vulnerable after a peel, especially the first week after your peel.

- Keep the treated skin moist continuously with plain Vaseline
- Do NOT apply any sunscreen, lotions, creams, or ointments other than plain Vaseline
- Take the oral antibiotics we provide
- Avoid sun exposure
- No shaving
- No perfume, cologne, or make-up
- No hair treatments or perms
- Sleep with your head elevated for a couple of days, to help reduce any facial swelling
- Do not pick or scratch your face

You may start to shower and wash your face the first day after your peel. Use lukewarm or cool water. Do not soak or scrub your face, and only use very mild soaps. Only use clean towels and hands when touching your face. Gently pat your skin dry - *do not rub*.

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