Chemical Peel: Before and After Treatment Instructions

Please follow the instructions below to prepare for your treatment. Your compliance with your pre- and post-peel instructions will greatly affect the outcome of your treatment.

Before Treatment:

1. Refrain from these activities for 2 weeks prior to your treatment
   a. Do not have any other treatments unless recommended by Dr. Nazarian
   b. Avoid skin irritants like retinoids and retinol, glycolic acid and salicylic acid, benzoyl peroxide, astringents and Vitamin C
   c. Do not wax, tweeze, or use depilatory creams
   d. Do not tan.
2. Do not schedule a peel if you are pregnant or think you might be pregnant.
3. Continue to use other skin care products including hydroquinone or lightening agents
4. On the day of your treatment, wash your face and apply moisturizer. Do not wear makeup.
5. Have Benadryl or Tylenol available at home.

After Treatment:

Day 1: Use Vaseline ointment as needed in areas of tightness, dryness, or burning. You may wash with Gentle Cleansing Lotion by Revision, using fingertips and cool water. Pat, do not rub, dry. Do not apply anything other than Vaseline to your skin after washing. Your skin will appear sunburned today and may continue to look redder or even brown as the day continues. You will start to feel tight. You may also experience itching or mild burning as the peel penetrates deeper into your skin. You can help alleviate these sensations with more Vaseline, Tylenol for discomfort, or Benadryl for itching as needed. You will avoid wearing makeup or wearing glasses as the pressure from the nosepiece may cause deepening of the peel in that area.

Day 2: Your skin will continue to feel very tight. The top layers of the skin are dehydrating. You will look like you have an uneven tan/sunburn. You may still feel comfortable in public today. By the end of the day, your skin may begin to flake, usually starting around the eyes, mouth, and nose. Sun-damaged spots may turn darker prior to peeling. Rinse your face with water today using only your hands. Cool water generally feels best. Do not use a cleanser. Apply Vaseline after washing. DO NOT PEEL YOUR SKIN OFF! This may cause scarring. Apply 1% Hyrdorcortisone gel or cream in the morning and at night.
Day 3: Your skin will flake, peel and feel very tight today. DO NOT peel the skin at any time. If you were to peel the skin that is not ready to come off, you could cause scarring. You may carefully use manicure scissors to clip any hanging skin. You may want to avoid social plans starting today. You may begin using a gentle cleanser today like Gentle Cleansing Lotion by Revision. DO NOT use sunscreens and COMPLETELY avoid the sun. Apply 1% Hydrocortisone morning and night.

Day 4-8: The majority of the peeling will occur days 3-6. Continue with gentle cleansing and hydrating with Vaseline. Some areas will have completely peeled and other areas will not have peeled at all. This is normal. Your skin may be tender for a few days.

Day 9: You may start using the Gentle Buffing Cream by Revision to remove the remaining flaking skin or be seen in the office by Terrie for a gentle exfoliation. You will be seen by Dr. Nazarian around this time and she will let you know if it is safe to use an SPF. She will also at this time be able to suggest a skin care regimen for upkeep purposes.

Day 14: You may resume tweezing or waxing. Normally, you can resume glycolic, salicylic, Vitamin C, and retinol at this time as well. Dr. Nazarian will give you the go-ahead on these products based on your specific healing status. Your skin may be pink for one more week.

If you have any questions, you may call the office at 310-659-0500 or Dr. Nazarian directly on her cell phone.