

Pre-treatment Instructions Chemical Peel

Before Your Treatment

- Avoid topical exfoliating products or acne treatment products such as Retinoids, Retinol, AHA's or BHA's, and Benzoyl Peroxide one week prior.
- Avoid waxing, depilatory creams and electrolysis one week prior.
- Botox or dermal fillers should be administered 2 weeks prior.
- Avoid direct sun exposure at least 1 week prior and use an SPF 50 or higher on a daily basis.
- Wait 4 weeks post-laser treatments in the same area, sometimes longer if major resurfacing has been performed.
- If prone to Herpes breakouts in the area being treated, talk to your doctor about preventative medication. Chemical peels may stimulate a cold sore breakout. Take antiviral medication 1 day prior and 2 days post.
- Have a gentle cleanser handy, such as Skin Ceuticals Gentle Cleanser or Cetaphil, and a non-irritating moisturizer such as Skin Ceuticals Epidermal Repair, or CeraV'e PM moisturizer.