Chemical Peel *Aftercare*

Healing well after your professional peel

Your peel brightens, smooths and evens skin tone by removing dull surface layers. How much you peel depends on the peel and your skin. Let your skin shed on its own for the best results.

What to *expect*

When	What is normal
Treatment day	Warmth, tightness and pinkness. Skin may look shiny or slightly darker.
Days 1 to 3	Tightness and dryness. Peeling or flaking often begins around day 2 or 3.
Days 3 to 7	Peeling continues, then fresh, brighter skin shows through.
Some peels	Little visible peeling. You still benefit even if you do not see flaking.

Until peeling is *finished*

Please do	Please avoid
• Cleanse gently with cool or lukewarm water and a mild cleanser. • Moisturize often with a gentle, fragrance-free moisturizer. • Apply mineral broad-spectrum SPF 30 or higher every day and wear a hat outdoors. • Keep your routine simple: gentle cleanser, moisturizer and SPF.	• Picking, peeling or scrubbing flaking skin. This can cause marks or dark spots. • Retinol, tretinoin, acids, vitamin C and exfoliants for 5 to 7 days. • Heavy sweating, saunas, steam rooms and hot tubs for 48 hours. • Direct sun and tanning for 1 to 2 weeks. • Waxing, threading, laser or other facial treatments for 1 week.

Good to *know*

- Makeup is okay after 24 hours if skin is not raw or broken.
- **Cold sore history?** If an antiviral was prescribed, take it exactly as directed.

When to *call us*

Some redness and swelling right after treatment are normal. Please call DermaGlow at 703-288-3000 if you notice:

- Blisters, crusting, oozing or raw skin
- Severe burning, swelling or pain
- **Signs of infection:** pus, spreading warmth or fever
- A cold sore outbreak
- New dark or light patches

Call 911 or go to the nearest emergency room right away for trouble breathing, or swelling of the lips, tongue or throat.

Your provider may also share instructions specific to your treatment. If so, please follow those along with this guide. Questions? Call DermaGlow at 703-288-3000.