Chemical Peel *Pre-Care*

Getting your skin ready for your peel

Peels work best on calm, healthy skin. These steps reduce irritation and help you peel evenly.

Your *countdown*

When	What to do
2 weeks before	Avoid sun, tanning beds and self-tanner. Use broad-spectrum SPF 30 or higher every day.
1 week before	No waxing, threading, laser or other exfoliating treatments on the face.
5 to 7 days before	Pause retinol, tretinoin, acids, benzoyl peroxide and scrubs.

On the *day*

- **Arrive with clean skin.** No makeup or lotion.
- Plan for possible peeling over the next few days if you have an event coming up.
- If you have ever had cold sores, tell us before your visit. An antiviral may be prescribed. Take it exactly as directed.

Please call us *first*

Call DermaGlow at 703-288-3000 before your visit if any of these apply. We may adjust your plan or find a better date:

- You are pregnant, trying to become pregnant or breastfeeding
- You have a cold sore, rash, breakout, cut or infection in the treatment area
- You feel sick, have a fever or have started a new medication or antibiotic
- You have used Accutane (isotretinoin) in the past 6 months
- You are sunburned or your skin is irritated

Never stop a prescribed medication, including daily aspirin or blood thinners, without approval from the doctor who prescribed it.

Your provider will review your health history before treatment and may share instructions specific to you. If so, please follow those along with this guide. Questions? Call DermaGlow at 703-288-3000.