

## **CHEMICAL PEEL**

Congratulations on your chemical peel! Following post-treatment guidelines is crucial to the health of your skin and success of your results.

- For the first 2 days after treatment, stay cool! Getting overheated internally can cause hyperpigmentation. In particular, avoid activities that may cause excessive perspiration such as strenuous exercise, whirlpool, steam room, sauna, swimming, sun bathing, etc.
- Do not use rough cloths or other means of exfoliation.
- Do not go to a tanning booth for at least 2 weeks before & after your treatment.
- Always check with your dispensing physician before discontinuing the use of prescription medications.

### **AFTER TREATMENT**

Wash your face with a gentle cleanser 12-24 hours after treatment.

Follow the AM/PM protocol below for 5 days after your treatment. Exfoliate after day 5 and resume regular skin care regimen.

#### **AM**

- Cleanse with a gentle cleanser
- Apply a hydrating product, no retinols or AHA's
- Make-up may be applied / Sunscreen is recommended daily

#### **PM**

- Cleanse with a gentle cleanser
- Apply a hydrating product, no retinols or AHA's

If you have any questions regarding your treatment or these instructions, please call the office during business hours at 414-210-4073. For any after-hours concerns, please call 414-422-3105. If there is an emergency, call 911.