



Chemical Peel Post-Operative Instructions

It is important to the health of your skin and the success of your peel that you follow these guidelines:

1. Sunscreen with an SPF of at least 30 should be applied everyday for the next week.
Avoid direct sunlight for a week
2. Your skin may be more sensitive to the sun immediately following your treatment.
3. Skin may appear redder than usual for 1-2 hours after the treatment.
4. When washing the face do not scrub or use harsh exfoliants.
5. Moisturizer that is hydrating can be applied whenever you feel dry or tight.
6. NuPeel can be used 48 hours after the chemical peel. If the skin feels too sensitive from rubbing, stop and wait another 24 hours.
7. Not all skin types will peel, this is normal. Peeling is a side effect of a chemical peel, not the treatment.
8. You may start your daily routine of Retin-A, Differin, alpha hydroxy acid products or bleaching creams after 7 days. Or after the peeling has stopped.
9. Wait until flaking or mild peeling have completely subsided before having any other facial procedures, including:
 - Laser treatments (Fraxel, Laser Hair Removal, Vascular Laser)
 - Waxing or hair removal creams
 - Facials
 - Microdermabrasion

Vitalize and Rejuvenize Peel Post-Operative Instructions

1. If retinoic acid was used as a part of your treatment, your skin will have a yellow tinge after the treatment. This is temporary and will fade in 1-2 hours.
2. You may wash your face 6 hours after the chemical peel.
3. Makeup may be worn 3 hours after the peel.
4. Approximately 48 to 72 hours after the treatment, your skin will start to peel. Peeling time is different for all patients, you may experience peeling for 7-10 days.

If you have any questions about your treatment please call our office at (239) 561-3376.

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