



# POST CHEMICAL PEEL INSTRUCTIONS

St. Clair Skin Care ~ Love the Skin You're In



## Congratulations, You've just had a chemical peel treatment!

Due to the nature of these treatments you should not necessarily expect to "peel" - as each individual is different. A good result may still be achieved even without the presence of visible exfoliation. However, you may have light flaking for a few days. Most patients who undergo these treatments have only residual redness for anywhere from one to twelve hours. It may take two or more treatments for the surface skin to loosen and "peel". Again, everyone responds differently and most patients look quite normal the day after their treatment.

**As your skin care professional, I have prepared a list of Do's & Dont's for you...please follow these instructions.**

### DO'S

- Do avoid direct sun exposure and excessive heat
- Do apply moisturizer as frequently as needed - Tonight your skin will feel tight and "pulled"
- Do always check with your dispensing physician before temporarily discontinuing the use of prescription medications
- Do discontinue use of Retin-A/Renova for 7 days post treatment
- Do discontinue use of Tazoraz/avage for 10-14 days post treatment

### DONT'S

- Do Not wash your face tonight
- Do Not apply make-up the day of your treatment - Allow your skin to stabilize and rest overnight
- Do Not, unless recommended by me - apply other medications or AHA products to your skin
- Do Not pick or pull any loosening or exfoliating skin - this could potentially cause hyper-pigmentation
- Do Not have any facial waxing or use any depilatories for at least two days

### In addition for the next 2 days Do Not do the following:

- Do Not apply ice or ice water to the treated areas
- Do Not put face directly in hot shower spray
- Do Not use a hot tub, steam room or sauna
- Do Not go swimming
- Do Not participant in activities that would cause excessive perspiration
- Do Not use loofahs or other means of mechanical exfoliation
- Do Not direct hair dryer to the treated area
- DO STAY COOL! Getting heated internally can cause hyper-pigmentation
- If you have ANY questions please call - 619.300.4957

For the next 5-7 days follow this protocol:

AM	PM
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____

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