

# SANCTUARY

## DERMATOLOGY

Proper post-care is essential to achieving optimal results from your treatment. If there are any outstanding questions after reading the information below, please do not hesitate to call us at (504) 454-2997.

### CHEMICAL PEEL POST CARE INSTRUCTIONS

- Expect your skin to appear pink for a few hours after treatment; your skin may be temperature sensitive and sun sensitive for a few days after treatment.
- Non-comedogenic make-up may be applied to cover redness as needed.
- Avoid direct sunlight on the treated area and use a broad spectrum UVA/UVB sunscreen of SPF 30 or greater for 1-2 weeks after your treatment. Mineral based (zinc or titanium) sunscreens are preferred over chemical sunscreens.
- Keep your skin moisturized during the healing process. Alastin Soothe and Protect is recommended.
- Avoid scrubs or exfoliants for at least 7 -10 days.
- You may be instructed to avoid products such as retinols and topical acids for 7-10 days.
- Antioxidant serums may be resumed after 48 hours.
- Peeling for 3-10 days can occur. The amount of peeling is dependent on the specific solution used for your treatment. (Not all chemical peels result in visible peeling of the skin.)
- Itching, irritation, redness, and increased sensitivity are common after chemical peels and should subside within a few weeks.
- Hyperpigmentation (darkening of the skin color) can occur in some skin types and is most common if sun exposure occurs during the healing process. Please call us if you experience this uncommon reaction.

#### Maximizing Benefits of Your Treatment

Our skin care specialists will review and compose a simple, customized skin care regimen for you to begin before your treatment as well as once your skin has healed to maintain the desired results. A quality, daily home skin care regimen will ensure that you maximize and maintain the benefits of your treatment.