

# Chemical Peel

## Pre & Post-Treatment Instructions



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### IMPORTANT INFORMATION

- You cannot have a chemical peel if you are pregnant or breast feeding.
- You cannot have a chemical peel if you have active herpes (cold sore) on the lips.
- You must avoid sun exposure or tanning beds for 2 weeks before and after a chemical peel.
- It is imperative that pre-treatment instructions be carefully followed. If treatment cannot be provided at a scheduled appointment due to non-compliance, a \$50 rescheduling fee will be assessed.

### PREPARING FOR TREATMENT

- To maximize the benefits and results from your chemical peel, it is recommended that you begin a complete skin care regimen.
- Discontinue using skincare products containing retinol, glycolic acid, salicylic acid, benzoyl peroxide, or hydroquinone at least 1 week prior to your procedure.
- If you are taking Accutane, you must discontinue its use at least 6 months prior to having a chemical peel.
- If you have a history of “cold sores,” please let your provider know. Medication can be prescribed to minimize the possibility of a flare up following your treatment.
- Do not have waxing, electrolysis, microdermabrasion, laser, or any other procedures in the treatment area at least 1 week prior to your chemical peel.

### POST TREATMENT INSTRUCTIONS

- Use only gentle products on your skin for 36 hours, with no active or “anti-aging” ingredients.
- You may resume your regular skin care routine 3 days after receiving your peel, or when any flaking or peeling has resolved.
- Avoid sun exposure and use SPF 30+ mineral sunscreen with zinc oxide every day.
- Do not pick at or pull off flaking skin, as this could result in scarring.
- Some patients may experience erythema (redness), tightness, minor swelling and/or peeling of the superficial layer of the skin following a chemical peel. These effects usually last a few days to 1 week.