Wichita Dermatology & Aesthetics

1911 N. Webb Rd
Wichita, KS 67206
(316) 682-7546

Chemical Peel Instructions

Pre-Peel Instructions:

- Avoid direct sun exposure at least 4 weeks prior to procedure.
- Avoid other facial treatments such as lasers, microdermabrasian, and microneedling 2-4 weeks prior to a chemical peel.
- Discontinue the use of retinol and other exfoliants (ex. glycolic acid, lactic acid, salicylic acid) 3-5 days prior to procedure.
- Start taking oral antiviral medication (if prescribed to you) the day before your treatment.

Post-Peel Care Instructions:

- Wait 6 hours before washing your face or leave the peel on overnight and wash off in the morning. Use a gentle cleanser such as SkinMedica facial cleanser or EltaMD foaming cleanser. Do not scrub, do not use a washcloth, and do not use hot water when cleansing.
- You can use a heavy moisturizer such as SkinMedica TNS Ceramide as often as needed starting the evening of your chemical peel.
- It is crucial to use **strict, consistent sun protection** throughout treatment for optimal results and to decrease risk for adverse events. Avoid direct sunlight for at least one week. Use broad-spectrum sun protection with at least SPF 30 such as EltaMD. Apply sunscreen in the morning and every 2 hours if needed.
- Wait 24 hours after your peel to apply makeup.
- Avoid exercise, swimming, hot tubs, and saunas for 48 hours.
- Avoid the use of retinol, exfoliants, and oils for 7 days or until skin is fully healed after the procedure.
- Wait at least 2 weeks before having any other aesthetic treatments like facials, Botox, filler, and laser treatments.
- Schedule chemical peels every 4 weeks until desired results are achieved.

What is the downtime?

- Redness, tightness, and itching can occur after treatment and is normal.
- The degree of visible peeling will vary based on the peel used, treatment number, and patient's skin type. If peeling occurs, it can start 48-72 hours after the procedure and can last 2-5 days. The amount of peeling does not correlate with the degree of improvement.
- Do not pick or pull at peeling skin. Allow skin to shed at its own pace to avoid side effects. During this "peeling" process, only use a gentle cleanser, moisturizer, and sunscreen.

Please call 316-682-7546 if you have any questions or concerns after your chemical peel.