

# **SOUTHWEST SKIN SPECIALISTS, LTD.**

## **Chemical Peel**

### **Pre-Treatment Instructions**

1. Discontinue all exfoliating products 1 week prior to your chemical peel. This includes: Retin-A, Retinol, Renova, Tazorac, Differin, Alpha Hydroxy acids, Salicylic acid and facial scrubs.
2. Discontinue facials, chemical peels of any kind, waxing and laser hair removal on area(s) to be treated one week prior to your chemical peel.
3. Minimize sun exposure 1-2 weeks prior to treatment. Use a broad-spectrum sunscreen of SPF 30 or higher containing: Zinc oxide, Titanium dioxide, Helioplex, Avobenzone.
4. If you are prone to cold sores or herpes viral infections, take Valtrex, Famvir or Acyclovir starting the day prior to treatment and continue for five days total.

### **Post-treatment Instructions**

1. Use only gentle cleansers and moisturizers such as Cetaphil and Cerave following your peel until any peeling and sensitivity subsides, typically 10 – 14 days.
2. Minimize sun exposure during series of peels by using a broad-spectrum sunscreen (see above) and wearing a wide-brimmed hat when outside. Remember to reapply sunscreen every two hours when in direct sunlight.
3. Do not resume facials, waxing (in the area treated), and laser hair removal on areas treated until all peeling and sensitivity subsides.

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