



Kavali
Plastic Surgery

Chemical Peel Post-Procedure Instructions

- You will have Aquaphor or other skin emollient applied before you leave. You should keep your skin moist with Aquaphor for several days, until there is no further crusting present.
- You will need to wash your face several times a day to keep it free of crusting. Use a mild soap like Cetaphil or PhisoHex, rinse with warm water, then reapply your Aquaphor.
- Until your skin is done peeling, you will need to protect yourself from sun exposure by staying inside, or using a hat with a visor when you are briefly outside. Once your skin is done peeling, you must protect your skin every day with a full spectrum sunscreen that protects against both UVA and UVB with an SPF of 35 or higher. Avoid direct sun exposure. All tanning and tanning beds must be avoided.
- Your skin will peel for 3-5 days, depending on the strength of the peel chosen for you. Once your skin is no longer peeling and has no crusting, you may apply makeup and sunscreen. If you experience burning after applying makeup or sunscreen, wash it off with your Cetaphil or PhisoHex and wait another day or two before attempting re-application.
- Do not use glycolic, alpha-hydroxy, beta-hydroxy, retinol, benzoyl peroxide or topical acne medications after your treatment. You may resume such products as instructed by your technician.
- Do not resume prescription retinoid products (Retin-A, Differin, Renova, Avita, Alustra, Adapalene, Tazorac, Tazarotene) until instructed by your technician. If you are receiving a series of treatments, be sure to ask your technician how you should best use your skin care products during your series.
- Drink additional water before and after your treatments. Hydrated skin is healthy skin!
- Cold compresses can provide relief from any “wind-burned” feeling.