



A new and beautiful you

75-5995 Kuakini Hwy. Suite 441, Kailua Kona, Hawaii 96740
Phone 808-339-3595 Fax 808-885-9793

Chemical Peel Pre and Post Treatment Instructions

PRE TREATMENT

- For best results, it is advised to avoid sun exposure and the following products & procedures at least 1 week prior your treatment:
 - Electrolysis
 - Waxing
 - Depilatory creams
 - Laser hair removal
 - Any exfoliating products
 - Any products that may be drying or irritating, including products containing salicylic acid, alpha hydroxy acids, vitamin c, hydroquinone, and retinoids.
 - Shaving or Dermaplaning of the area to be treated, which can aggravate the skin.
- Ideally, you should be on a pre treatment skin care regimen for 7-10 days to prepare the skin for treatment.

CONTRAINDICATIONS

- If you are pregnant, breastfeeding or trying to become pregnant, please alert your provider as you are not a candidate for chemical peels at this time.
- Exfoliation is contraindicated for those with active infection of all types, such as herpes simplex virus or flat warts.
- If you have currently undergoing radiation or chemotherapy
- If you are on medication for acne therapy during the past six months, including Accutane, then chemical peels are contraindicated.
- Please let your provider know if you have any of the following:
 - Uncontrolled diabetes
 - Eczema/dermatitis

- Psoriasis
- Vitiligo
- Skin Cancer
- Scleroderma
- Vascular lesions
- Rosacea

POST TREATMENT

- Allow your skin to stabilize and rest over the first night.
- Prolonged sun exposure is to be avoided after treatment for at least 1 week or longer if you are still experiencing active peeling. A total physical sun block SPF 30 should be applied daily. Sun exposure may cause certain complications (possibility of blistering and/or hyperpigmentation).
- Stay Cool! Heating internally can cause hyperpigmentation.
- Quick cool-warm showers are recommended. Hot baths, hot tubs, saunas and steam rooms are not advised for 24-48 hours to limit inflammation to the skin.
- Do not go swimming.
- Do not use any physical exfoliants other than what has been prescribed by your provider.
- Do not apply ice or ice water to the treated area.
- Do not wax for at least 1 week after the peel. Inform the waxing technician that you recently had a peel.
- Do not tan and avoid sun exposure to the treated area for at least two weeks post procedure.
- Do not pick at any peeling/flaking skin.
- If the skin is broken or a blister appears, apply an antibiotic ointment and notify the clinic. The area should be kept lubricated to prevent crusting or scabbing of tissue. Contact the office if you have any concerns.
- Use a gentle cleanser during the peeling process.
- Use a mild moisturizer or aloe to keep the skin hydrated.
- You may resume regular use of retinoids, alpha hydroxy acid, beta hydroxy acid, vitamin c or hydroquinone ONLY after the peeling process is complete.
- In the event you experience skin irritation you may use a 1% hydrocortisone product.
- Contact the office immediately if any of the following occur:
 - Skin infection (pus, oozing, fever)
 - Appearance of a cold sore on the lips or any other portion of the peeled area.
 - Allergic reaction, acne or irritation
 - Extreme reactions such as scarring or keloids

- Increase or decrease of skin pigmentation, which does not blend with normal skin after healing from treatment
- Itching, redness, or swelling

EXPECTATIONS

- Peeling, redness and itching is normal. Peeling will be more noticeable around the mouth area first due to facial movement/expressions. Peeling may start 2-3 days after the treatment in the facial area and up to a week in the body area and can be controlled with moisturizers.
- It is not uncommon for your skin to feel dry.
- During the 3-5 day active peeling period, application of moisturizing creams, lotions and ointments may initially sting, however this will subside in 1-3 minutes.
- Makeup may be gently applied over sunblock as long as the skin is not blistered or broken.
- The best results from chemical peels come from a series of 3-6 spaced 4-6 weeks apart.
- If you have any questions or concerns please contact the clinic without hesitation.

I understand that these pre/post care instructions are important to my overall treatment. I agree that I have read and understand what is required of me before and following my treatment.