



**GALE**  
FACIAL PLASTICS  
Post Peel Care Instructions

#### What to Expect After Your Chemical Peel:

- 2-3 days after treatment you can expect mild to moderate peeling or flaking similar to a sunburn, this will subside within a few days
- "peeling" can be a side effect, but may not necessarily occur. Lack of peeling does NOT indicate that the chemical peel was ineffective
- Swelling, redness, itching, stinging, darkening of any skin imperfections may occur, this is completely normal and will subside within 3-7 days
- Your skin will be very sun sensitized, daily use of at least SPF 30 is required.

#### Caring For your Skin After a Chemical Peel:

- Use a sunscreen with at least SPF 30 for 2 weeks following your chemical peel. Mineral sunscreens with both Titanium Dioxide and Zinc Oxide are best.
- You may use a gentle cleanser and moisturizer as normal after your peel, moisturizer may be applied every few hours as needed to help with peeling.
- If recommended you may also use hydrocortisone cream to help with any itching
- Your Aesthetician may recommend a more advanced at home skin care routine to help facilitate the peeling process, if these are going to be used follow the instructions that were given to you by your technician. Pharmaceutical grade skincare is highly recommended to help boost your results but is not necessary.

#### Two weeks following your peel please avoid:

- Waxing, electrolysis, depilatory creams such as nair, and laser hair removal.
- unnecessary sun exposure
- any skin care products containing harsh or drying ingredients, including scrubs.
- other medical facial treatments or procedures
- Prescription topicals such as Retin-A, Differin or Tazorac, as well as any products containing retinol, alpha hydroxyl acids (AHA), beta hydroxyl acids (BHA) or benzoyl peroxide.
- Botox or Dermal fillers

If you have any other questions or concerns please do not hesitate to contact us!

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