

Pre-Treatment Instructions for Chemical Peels

To maximize the desired outcome of the chemical peel, Urban Allure recommends you follow these pre-treatment instructions prior to your scheduled appointment:

Your Home Care Regimen:

1. To get the most from your chemical peel, we recommend incorporating a Retinoid into your home care regimen. However, you must stop use of these products 5-7 days prior to your chemical peel.
2. Use a physical sunscreen with at least an SPF 30+ everyday rain or shine for at least three weeks prior to your chemical peel.
3. STOP the use of any benzoyl peroxide products or any other products that can cause dryness, redness, or irritation three days prior to your chemical peel.
4. If prone to cold sores, prophylactic anti-virals may be recommended.
5. A melanin-suppressing agent may be recommended depending on your skin type. You must follow the appropriate instructions on use of this product.

In Addition:

- No facial waxing 1 week prior to chemical peels
- No IPL or Laser Hair Removal 2 weeks prior to chemical peel

Please do not hesitate to call our office at 415-399-1300 if you have any questions or concerns about your treatments.

Post-Treatment Care Instructions for Chemical Peels

After your peel, it is crucial to the health of your skin and the success of your peel that these guidelines be followed:

1. If retinoic acid was used as part of your treatment, your skin will have a light-yellow tinge immediately after the procedure. This is temporary and will fade in 1-2 hours. We recommend waiting until the evening to wash your face (6-8 hours after your peel).
2. It is imperative that you use a sunscreen with an SPF of at least 30 and avoid direct sunlight for at least 1 week.
3. Patients with hypersensitivity to the sun should take extra precautions to guard against exposure immediately following the procedure as they may be more sensitive following the peel.
4. Your skin may be more red than usual for 2-5 days. Please avoid strenuous exercise during this time.
5. Approximately 48 hours after the treatment, your skin will start to peel. This peeling will generally last for 2-5 days. **DO NOT PICK OR PULL THE SKIN.** Allow skin to peel at its own pace.
6. When washing your face, do not scrub, do not use a washcloth. Use a gentle cleanser.
7. After washing your face, apply the appropriate post-peel products recommended by your treatment provider for 4-5 days and as often as needed to relieve any dryness.
8. You may resume the regular use of Retin-A, alpha hydroxyl acid products or bleaching creams **ONLY** after the peeling process is complete.
9. Wait until peeling completely subsides before having **ANY OTHER FACIAL PROCEDURES.**

****Call the office if you have any questions or concerns after your procedure.**

CONTACT INFORMATION:

TUES-FRI 11AM-6PM

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