

## What to know when getting a **Chemical Peel**

### Chemical Peel Contraindications:

- Accutane treatment within the last 12 months
- open wounds or bacterial infections
- recent usage of antibiotics
- steroid usage within the past month
- recent sun exposure within 10 days prior to peel or sunburn
- recent surgeries
- recent laser resurfacing
- recent cosmetic treatments; botox/fillers
- cancer
- immunocompromised
- pregnant or lactating
- herpes simplex, fever or cold sores; recommended to take an antiviral prior
- extremely couperose skin
- any use of retin-a, renova, tazorac, differin, azelex, or vitamin a derivative
- contact allergy to salicylates or an aspirin allergy; you will not be able to use salicylic peels
- dermatoses (vitiligo, psoriasis, and atopic dermatitis) in the treatment area
- keloidal or hypertrophic scarring
- blood thinners
- unrealistic expectations

\*please notify your esthetician if any of these apply to discuss options or confirm peels will absolutely not be suitable for your skin.\*

### BEFORE YOUR PEEL

- please do not wear makeup to your appointment
- avoid any irritants to your skin such as products containing; Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents or Vitamin C for one week before your treatment
- do not wax, tweeze, or use a depilatory on treatment areas for one week prior to your treatment
- If you have received dermal filler treatments or Botox injections, you must wait 2 weeks before having a peel
- wait 2 weeks after any other facial treatments to receive a peel

- inform your esthetician of any new antibiotics or medications as they may make your skin unable to treat for one or two weeks after completion of the antibiotic
- prepare your skin by using the pre-peel products recommended by your esthetician for optimal results

#### AFTER YOUR PEEL

- avoid sun exposure and tanning beds (this is recommended indefinitely for your skins health and to maintain peel results)
- daily sunscreen with an SPF is vital to maintain your skin
- avoid any irritants to your skin, such as products containing Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, or Vitamin C for one week after your treatment
- Do not wax, tweeze, or use a depilatory for one week after your treatment
- Do not apply makeup for a minimum of 12-24 hours, let your skin BREATHE
- approximately 48 hours after your treatment, your skin may start to peel. This peeling will generally last 2-5 days. DO NOT pick or pull at the skin, it will scar
- care for your skin by using the post-peel products recommended by your esthetician for optimal results

\*If you have any questions please contact ofelia by text. Be patient, this is a process, look forward to your fresh skin soon!\*