



BAY AREA COSMETIC DERMATOLOGY

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PRE & POST CARE FOR CHEMICAL PEELS

[Rejuvenize Peel , Vitalize Peel, Glytone Peel*]

WHAT IS A CHEMICAL PEEL?

A chemical peel is a treatment in which your provider applies a chemical solution to the skin to exfoliate the top layers. By removing flaky, irregularly-attached dead skin cells and surface debris, we reduce the appearance of fine lines and wrinkles, improve brightness, lift unwanted discoloration, and correct sun damage.

We carry several different types of peels at our clinic and customize the strengths of these individual formulas depending on your specific skin type, needs and goals. Commonly patients will need more than one peel, with a strong at-home topical regimen to reach desired results

HOW TO PREPARE FOR YOUR CHEMICAL PEEL

- Avoid medicated and/or active topical products for 3-5 days prior to treatment. These include retinoids, tretinoin, glycolics, salicylic acids, lactic acids, hydroquinone products (which is the active ingredient in many of the Obagi and BACD brightening products), dapsone, acne products, or precancer treatments as directed by your provider.
- If possible, arrive at your appointment without make-up. We can also provide cleanser at time of appointment.
- Please let your provider know if you have a history of cold sores or herpes simplex as a peel may provoke an outbreak and we can pretreat with an oral RX at the time of appointment.

WHAT TO EXPECT

- Your skin may feel tight (almost as if plastic wrap is on skin), look pink/red or turn light brown for 3-7 days or more.
- Peeling may begin as early as 24 hours or 4 to 5 days later, depending on the type of peel used. Not all peels are intended to have significant peeling and some may just feel like dry skin. **It is normal to not peel excessively post-procedure and a lack of peeling is not an indication you will not enjoy the benefits of a chemical peel.** Your provider will guide you through what to expect depending on the specific peel solution and concentration used.
- Patients with hypersensitivity to the sun should take extra precautions to guard against exposure immediately after the procedure.

HOW TO CARE FOR SKIN AFTER PEEL

- Gently wash skin with your fingertips (no washcloth, scrubbing or cleansing device). **Your provider will tell you the timing of when to first wash your face post treatment.**
- **DO NOT pick, rub, or pull at the peeling skin.** Allow the skin to peel at its own pace (approx. 5-10 days depending on peel.)
- Continue avoiding medicated and/or active topical products for 1 week post peel, listed above under *How to Prepare*.
- It is important to moisturize your skin frequently post-procedure (3-4 times a day), but apply a thin layer as thick layers can lead to breakouts. We recommend [Neocutis BioCream](#) for optimal recovery and results after a TCA Peel. If you would like to use a different moisturizer, please ensure it is not occlusive and apply only a thin layer only. Our staff is happy to take a look at your moisturizer of choice.
- Practice good sun protection, avoid direct sunlight on the treated skin and use 30 SPF+ daily.
- ***IF YOU HAD A GLYTONE PEEL**, do not allow treated areas to come into contact with water for 12 hours after application. We recommend using gloves for any activities where your hands may get wet and avoiding showers, baths during this time.

If you have excessive swelling, a sudden increase in pain, heat or redness, crusting, blisters, active bleeding, pigment changes, fever, cold sore or acne break out, please promptly contact the office.

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RECOMMENDED PRODUCTS POST PEEL

Your provider can give you specific recommendations.

- **Cleansers:** [Obagi Gentle Cleanser](#) or [Neocutis Gentle Cleanser](#)
- **Moisturizers:** [Neocutis Biocream](#), [BACD Ultra Lite Hydrating Cream](#), or [Obagi Hydrate Luxe](#)
- **Sunscreen:** [Neocutis Journee](#), Colorescience [Even Up](#) or [All Calm](#), or any of our [EltaMD](#) options.
- **RX or OTC meds as directed:** Loratadine Benadryl Sinnech 1 day/4 day Prednisone Acyclovir

If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.

Questions or concerns? Please securely send a direct message to your provider through BACD's online patient portal: [MyPatientVisit](#) or call the office 415-292-6350.