

What to expect after the peel?

Neutralization and post care procedures are important to the success of this peel. Due to the peeling depth, the downtime will be as follows:

- Redness and tightness can occur for up to 10 days following the procedure
- Skin sensitivity can persist for 10-14 days. It is important not to re-introduce any retinoids during this time period
- Blisters, swelling, and prolonged erythema can occur with these peels. If they do occur, it is completely normal and can be treated with Avene's Cicalfate
- Flaking and peeling will likely occur for up to 14 days following the procedure; if flaking/peeling occurs, use Avene Cicalfate twice daily until the flaking/peeling stops
- If there is no peeling or flaking, it does not mean that the peel is not working. Each patient reaction is different and is patient dependent. There are many factors that contribute to whether the skin will peel. The results will not be compromised if the patient doesn't experience a peel
- Daily use of a sunscreen with at least a SPF 30 is necessary throughout the peeling process. Sunscreen must be reapplied every 2 hours to remain effective.

Post-Care Immediately Post-Procedure

- Gently apply a thin layer of a skin recovery cream (AVENE CICALFATE). Application should continue for 3-10 days following the chemical peel
- Apply a generous layer of full-spectrum SPF protection on top of the skin recovery cream. Sunscreen should be used every morning and reapplied as appropriate throughout the day, for 10 days after the procedure, and during a series of chemical peels
- Patients should wait a minimum of 2 hours before contact with water and avoid strenuous exercise on the day of the procedure.
- Patients should not pick at peeling skin. Patients should re-start at-home regimen once re-epithelialization occurs, or according to physician recommendations

