



What to Expect with a Face, Chest or Leg Chemical Peel

Pre-Peel Prep Shaving: If you usually shave the area to be peeled, then do so *one day prior* to the peel. If you shave the day of the peel, the micro cuts will hurt. It'll be about a week before you can shave again.

Retinol & Tretinoin Products: Avoid use at least 48 hours prior to the peel, and for 2 weeks post peel.

Pain Control: You can take one Tylenol™ (325mg or 500mg) or one Ibuprofen (200mg) one hour prior to the peel and one to two daily after the peel for 3-5 days if you need to. Do NOT take more than 1000mg Tylenol™ or 600mg Ibuprofen per day. Everyone has variability and degree of pain. The skin may still sting but this will help. A fan and ice provided during the peel process will also help reduce the sensation of pain.

Pain Length: When the peel solution is applied, it hurts for 3-5 minutes. We will keep icing until the pain is gone. When we are done, *your skin will feel warm, tingly and tight*. Depending on your skin's response to the peel, we will apply either a soothing hyaluronic acid or retinoic acid to ensure an even peel.

What is Normal: Mild redness, stinging and slight swelling two to three days post peel.

Not Normal: Severe redness, severe swelling with eye closure 2-3 days post peel is NOT normal. Please contact us if this occurs!

Prescriptions: If you had a medical peel, we will prescribe two separate ointments that you must obtain from the **pharmacy**. They are Mupirocin ointment and hydrocortisone ointment. Do not apply them dry! Wash hands with soap and water and *while your hands are still wet* mix together a pea sized amount of the Mupirocin and Hydrocortisone. You can apply a thin layer to the entire face and chest, avoiding contact with the eyes. You can use these medications once a day typically for a week, but no longer than two weeks. For in between you can use a bland moisturizer such as Aveeno throughout the day.

History of Cold Sores? If you have a history of cold sores and we did not give you Valtrex™, please let us know! Take two 1 gram tabs of Valtrex™ in the a.m. and again in the p.m. for just the day of the peel to prevent cold sores. If you feel tingling, then you may take 1 gram three times a day until the tingling feeling goes away. Our office phone number is 703-860-1818.

• **Day 1 Upon leaving the office:** Not so bad! Some people feel a burning or intense itch as the day progresses. The peel area may feel greasy but try not to wash it until the next morning if you can tolerate it. If you cannot stand it, then you may wash it that evening but the best effect occurs when leaving the peel solution on overnight.

● **Day 2 Upon waking:** Your face/chest may feel hot, slightly swollen and sting much like a sunburn. You might even feel slightly feverish for a few days. In the morning, wash the area in the shower with lukewarm water and a mild soap. Dab dry and apply a mild moisturizer liberally every 1-2 hours. *Please be sure to moisturize to ensure no scarring occurs through the sloughing process*. To help manage the discomfort, you may take Tylenol™ and use ice. Your skin may first start to peel around the mouth. The chest has delayed peeling. If the peeling is visible, do not peel, pick or scratch it off! Just moisturize. In the evening before going to bed, wash with lukewarm water and a mild soap. Gently pat skin dry, do not rub it and apply a mild moisturizer liberally.

● **Days 3-6** Follow the same morning and evening routine of washing your face and applying a mild moisturizer liberally. Some people do not notice too much peeling because most of the skin comes off in the shower, while others slough considerably throughout the day. Your skin may still sting, feel tight and very dry. Just moisturize. Let your skin separate naturally. Don't forget daily sunscreen (at least 30 SPF) in the morning after moisturizing! Your skin will be more sun sensitive after these procedures.

● **Days 7-14** Whoosh! You feel a semblance of normal skin but still follow the routine above because you may experience delayed peeling. Some areas of skin may still feel a little rough. You may notice there is delayed peeling in some areas like the neck, chest or sides of the face. You may shave again. Your skin is getting better day by day and if you keep following the above routine, by 2 weeks post peel your skin will look shining and smooth! You can reintroduce your usual products at day 15. See you at your follow up!