



RICHMOND *Plastic* SURGEONS

Pre-Chemical Peel Instructions

Patients with active cold sores or warts, wounded, sunburn, excessively sensitive skin, dermatitis or inflammatory rosecea in the area to be treated should be excluded from more aggressive peels because the procedure could potentially precipitate a flare up or spreading of the present condition.

Patients with a history of allergies, rashes, or other skin reactions may be sensitive to treatment. Inform the nurse prior to treatment if you have ANY allergies to medication.

Chemical peels are not recommended if you have taken Accutane within the past year, or received chemotherapy or radiation therapy.

Please inform the nurse if you are pregnant or breastfeeding. If there is a chance that you may be pregnant, it is recommended that you do NOT have a chemical peel of any sort.

Two Weeks Prior:

Please refrain from these activities at least fourteen days prior to treatment:

- Any form of tanning, this includes tanning booths and sunless tanners
- Chemical peels including "At Home Peels"
- Microdermabrasion
- Sun exposure as this peel can not be performed on sun burned skin
- Laser or Light treatments

One Week Prior:

Patients using the following products or procedures should discontinue use at least seven days prior to the MICROPEEL PLUS treatment due to increased skin reactivity:

- Depilatories- waxing or chemical hair removers
- Electrolysis
- Hair treatments- coloring, permanent wave or straightening agents
- Any form of exfoliation
- Masks
- Any form of Vitamin A, examples are: Retinol, Retin-A, Renova, Differin, Tazorac. Also avoid any high percentage glycolic acid products (This is extremely important. If products are not discontinued a week prior to treatment results are less predictable. Please consult the dispensing physician before discontinuing the use of any prescription medication.)

The Day of Treatment:

- If you wear contacts, please remove them prior to your appointment.
- Men should avoid shaving, it is acceptable to shave the night before.

Post Chemical Peel Instructions

Until your skin has completed the renewal process your skin may experience redness, tightness, peeling, flaking, and dryness. Until these symptoms have subsided do the following home care regimen:

- use a gentle cleanser (no acids)
- use moisturizer generously (apply as often as needed)
- **MUST USE** sunscreen (a SkinCeuticals zinc oxide sunscreen is recommended)

Avoid the following as it may lead to discoloration and scarring:

- pick or peel any dead skin
- use any granular exfoliant, or roughly wash/scrub
- use Retin-A, Renova, Differin, Tazorac, Vitamin C, or any high percentage glycolic/salicylic products
- pick or irritate any blackheads or whiteheads

You must wait to do the following after this peel:

- Any form of sun exposure- 2 to 3 weeks
- Laser treatments- 6 weeks

- Chemical peels or microdermabrasion- 4-8 weeks
- Waxing or chemical depilatories- 4 weeks

You may resume your home care regimen seven to ten days after treatment, or until irritation has subsided.

Dryness, flaking, and possible breakout are considered normal, yet temporary reactions to chemical peels. However, "peels" can be deceiving because they will not necessarily induce a visible peel. Oftentimes the exfoliation is at a cellular level and is not apparent to the naked eye. Chemical peels are formulated to lighten, tighten, and brighten the skin, regardless of whether visible exfoliation is seen after the treatment. If peeling does occur, DO NOT pick or pull off dead skin. This could cause hyperpigmentation, and could also result in scarring.

For the next two days:

- Do not apply ice or ice water to your face
- No hot showers, sauna, etc.
- No swimming
- No excessive perspiration
- No exfoliation
- No direct hair dryer on area treated
- STAY COOL!

Makeup may be applied 24 hours after the peel.

Please call Nancy Hungate or Nancy Detwiler if you have any questions or concerns regarding your peel at (804) 521-3025.