

Post Chemical Peel Skin Care

- **First 24 hours**
 - The skin is red, much like a sunburn
 - Swelling may occur depending on aggressiveness of treatment
 - Cold compresses help with redness, swelling, and mild discomfort
 - Use Gentle soap or cleanser (e.g. Cerave, Cetaphil, or Epionce gentle cleanser)
 - Apply an emollient (e.g. Aquaphor, Vaseline) or prescribed steroid ointment at least 2-3 times a day (stay greasy)
 - Make-up such as mineral based or Lycogel (acne control if prone to breakouts) can be used for camouflage and SPF until the skin begins to peel
 - Avoid sun exposure
 - Take any prescribed antiviral or antibiotic pills
 - Non-steroidal anti-inflammatory drugs (NSAIDs) such as, Motrin or Advil, as needed to help reduce any mild swelling or mild discomfort

- **From 24-48 hours**
 - The skin becomes darker and brawny: any age spots will be many shades darker
 - The skin below is healing and the dead top layers are getting ready to shed (the peel)
 - Continue emollient ointment (e.g. Aquaphor, Vaseline) or prescribed steroid ointment at least 2-3 times a day (stay greasy)
 - Avoid sun exposure
 - Non-steroidal anti-inflammatory drugs (NSAIDs) such as, Motrin or Advil, as needed to help reduce any mild swelling or mild discomfort

- **After 48-72 hours**
 - The skin is ready to peel:
 - First starts around mouth (increased movement)
 - Large “flakes” may start to crack on the skin's surface: do not pull!
 - Start vinegar soaks to “chemically” loosen the dead skin:
 - Soak skin in the sink or shower for 5-10 minutes
 - Get all ointment off the skin's surface (can use a wet cotton ball)
 - Recipe: 1.5 oz white vinegar added to 1 quart water. Soak 100% cotton washcloths in solution, cover the treated area, lie back and relax for 10-15 minutes. Dilute with additional water if too much burning. Wash normally, blot skin to dry, then re-apply ointment. Repeat up to 3-6 times daily as needed.
 - Last place to peel is the periphery of the face (upper forehead, jawline, neck)
 - OK to go back on retinoids and start any prescribed bleaching cream once peeled
 - Daily cream moisturizer
 - Avoid direct sun exposure. Use daily moisturizer with SPF 30

- **After 6-8 Weeks**
 - If placed on a post-peel bleaching cream, you may be instructed to decrease the dose or stop
 - Remember that the key to long lasting results is diligent sun protection