

## Medical Laser Solutions, PC

### POST PEEL INSTRUCTIONS

**AFTER YOUR CHEMICAL PEEL:** It is crucial to the health of your skin and the success of your peel that these guidelines be followed:

1. If retinoic acid was used as part of your treatment, your skin will have a light yellow tinge immediately after the procedure. This is temporary and will fade in 1 to 2 hours. We recommend waiting until the evening to wash your face, however if you should choose to wash it sooner, please wait until after the yellow tinge completely disappears (1 to 2 hours).
2. It is imperative that you use a sunscreen with an SPF of at least 30 and avoid direct sunlight for at least 1 week.
3. Patients with hypersensitivity to the sun should take extra precautions to guard against exposure immediately following the procedure as they may be more sensitive following the peel.
4. Your skin may be more red than usual for 2 to 5 days. Please avoid strenuous exercise during this time.
5. Approximately 48 hours after the treatment, your skin will start to peel. This peeling will generally last 2 to 5 days. **DO NOT PICK OR PULL THE SKIN.** Allow skin to peel at its own pace.
6. When washing your face, do not scrub, do not use a wash cloth. Use a gentle cleanser that does not contain soap.
7. After washing your face, apply moisturizer recommended by your medical professional for 4-5 days and as often as needed to relieve any dryness.
8. You may resume the regular use of Retin-A, alpha hydroxy acid (AHA) products or bleaching creams **ONLY** after the peeling process is complete.
9. Wait until peeling completely subsides before having **ANY OTHER FACIAL PROCEDURES**, including:
  - Facials
  - Microdermabrasion
  - Laser treatments (including laser hair removal)
  - Facial hair removal • BOTOX injections
  - Injectable fillers

***\*Call the office immediately (781-762-2800) if you have any unexpected problems after the procedure. If we are closed, contact your PCP.***