



New Glow Medspa - Chemical Peel Post Treatment Care

It is normal for the skin to feel tight and impurities may surface during peeling period. You may or may not peel, but you will have light exfoliation.

Do Not:

- Go swimming or participate in activities that cause excessive perspiration for 24 hours.
- Take a hot tub, or sauna for at least 24 hours.
- Use make-up for the first 24 hours; a pure mineral make-up is recommended after 24 hours.
- Pick or rub skin.
- Use buffs, scrubs, or exfoliating products while you are peeling.
- Expose your skin to direct sun and excessive heat while you are peeling.
- Use a tanning booth for at least 3 weeks before and 3 weeks after your treatment.
- Wax, use depilatories, or have collagen or Botox injections on the treated area for a minimum of 5 days following your peel.
- Use products with AHAs or Retinol for 7 days after peel.

Do:

- Discontinue Retin A/ Renova for 7 days, and Tazorac for 10-14 days post-peel.
- Allow skin to exfoliate on its own or you may cause post-inflammatory hyperpigmentation.
- Beginning on Day 2 through Day 7, cleanse morning and night using a gentle cleanser and rinse with tepid water.
- Skin will feel tight; apply a recommended moisturizer as frequently as needed.
- Use SPF daily.
- For anti-inflammatory and soothing benefits apply the soothing balm with hydrocortisone.
- At night, you may choose to apply a more hydrating moisturizer.
- Apply a cool compress for mild to moderate edema that may occur around the eyes, **do not apply ice.**
- Rarely, crusting or excessive dryness may develop, apply Polysporin ointment and notify the office at **480-544-0789.**

Signature of Patient

Print Name

Date

Signature of Practitioner

Print Name

Date