



## AFTER CARE INSTRUCTIONS FOR ACID PEEL

- Recovery times will vary based on the type and strength of the peel.
- Immediately after the peel, your skin will feel tight and may be red. Any visible peeling will be light and fluffy and easily controlled with moisturizer.
- Peeling usually lasts 3-5 days, depending on the actual peel treatment.
- Use of gentle cleanser, moisturizer and sunscreen is important, as it will enhance the healing process and results.
- Normal activity may be resumed after the peel, however strenuous exercise and heavy sweating should be avoided for 2-3 days.
- Sun exposure should be avoided while skin is peeling; exposure of treated skin to a lot of heat should also be avoided as it may induce swelling, redness and for deeper peels blisters under the skin.
- Peeling skin should be allowed to slough off naturally; picking or peeling of flaking skin is NOT recommended, as it may lead to scarring.
- Use of prescription topical ointments and creams should be avoided for 3-5 days post peel.