



Chemical Peels Instructions

Day of Treatment

1. Drink at least one liter of water on the day of your treatment.
2. Avoid caffeine on the day of treatment.
3. Eating a small amount of food and drinking water prior to your treatment is recommended.
4. Come to the appointment with clean skin and no lotion, oils, powder, perfumes, sunscreen, or makeup. You can wash your face at the appointment if needed.
5. Notify the nurse treating you if you have any tattoos in the treated area.
6. Inform the provider of all the medications you are taking and taken in the past 6 months, and changes in your medical history.

Chemical Peel Pre-treatment instructions

7. Avoid Accutane for 6 months prior to PRF treatments.
8. Avoid alcohol 24 hours prior to your treatment.
9. Avoid hair removal treatments including IPL, any form of laser, waxing, bleaching, hair removal creams, electrolysis and tweezing prior to your treatment for 5 to 7 days.
10. Seek your doctor's advice before stopping any prescribed medications including over the counter such as Aspirin.
11. Avoid direct sun or sunburn at the treatment site (s).
12. Avoid tanning beds for days prior to your treatment.
13. For 5 to 7 days prior to your micro needling treatment do not use topical agents that may increase the sensitivity of your skin such as alpha hydroxyl acid (AHA), hydroquinone, benzoyl peroxide acne products, exfoliants, topical antibiotics, and retinoids.
14. If you are prone to cold sores, ask your doctor for advice about taking prophylactic medicine at least one week prior to your treatment.
15. Inform the cosmetic injector about any medications including herbal or over-the-counter medications you are taking.

16. On the day of your chemical peel treatment avoid shaving.

Chemical Pee post after care instructions.

1. Avoid cleansing or washing your face the night of your micro needling treatment.
2. Do not use excessive heat such as saunas, hot showers, hot baths, the hot sun or cooking over a hot stove.
3. Avoid strenuous exercise after the treatment for 24 hours.
4. Avoid direct sunlight for prolonged periods of time, sun tanning, or sunbeds for 2 weeks after the treatment.
5. Wear sun block with a full spectrum of SPF 30 or higher 24 hours after the treatment to protect your skin.
6. Avoid drinking alcohol for 24 hours after treatment.
7. No massages of the area treated or with face in a massage cradle for 2 weeks after treatment.
8. Do not use ice on the face, bromelain, or arnica. These agents can interfere with the natural inflammatory process that is essential for your skin regeneration.
9. Do not apply Make-up after the procedure for 12 to 24 hours.
10. It is ok to use acetaminophen (Tylenol) if you are experiencing pain or soreness.

After your chemical peel treatment

- The sunburn effect and feeling is normal.
- The skin will feel sensitive, dry, and tight to touch.
- After 24 hours use a gentle cleanser, cool water using your hands only to wash your face and pat your skin dry.
- Redness or sensitivity is normal.
- Use Tylenol for pain or discomfort.
- Allow any flaking of the skin to fall off naturally.
- Avoid using topical retinols or retinoids and glycolic acid containing products for 7 to 10 days after your chemical peel treatment.
- Avoid using abrasive products such as scrubs or exfoliating cleansers for 7 to 10 days after your chemical treatment.
- If skin care causes your skin to sting or burn, rinse off immediately and try again in 48 to 72 hours.
- Vitamin C, and antioxidant serums can be resumed 48 hours after your chemical peel treatment.
- Avoid strenuous physical exercise and sweating for 24 hours after your chemical peel treatment.
- For optimal treatment results we strongly recommend you use our products. We use a range of products that are value for money and provide appropriate nourishment for your skin.
- We strongly recommend treatments be 4 weeks apart.

Social activities

- You may use mineral makeup 24 hours after the treatment.
- If you have upcoming events within 4 weeks of your treatments, be aware it can take up to 4 weeks for the full healing process. Skin dryness, and flaking can occur for up to 2 weeks after your treatment.

Skin care

- Redness may immediately and remain for several days after your peel.
- Peeling generally commences 3 to 5 days after your chemical peel treatment and can last up to 14 days. This depends on both internal and external factors such as, age, weather, lifestyle, hormones, and skin type.
- Use a gentle cleanser only and keep your skin always moisturized.
- Do not pick, scrub, or scratch your skin. Allow the skin to naturally flake off.
- Mild itching/irritation, redness, swelling, flaking or peeling, small whiteheads and transient worsening of acne is normal.
- You may need to apply moisturizer 2 hours a day.
- Results can vary from person to person. What you do at home with your skin after the treatment is important to optimize results.
- For best results use the recommended skin care products. We use a skin care line that is value for money and will nourish your skin.
- After 24 hours wear your sunscreen SPF 30 plus or higher.

When to seek medical attention and call the clinic on 406 581 8032

- Although very rare if blisters, crusting, oozing, and pustules occur, this may indicate an infection.
- If any other concerning skin changes occur.
- Hyperpigmentation (darkening of the skin) can occur in some skin types. Although it is uncommon to call the clinic if this occurs.

Diet recommendations

- Eat a diet high in omega-3 fish oil such as salmon, soups with broth, try to avoid dairy and wheat, eat fruit and vegetables. Try to avoid unnecessary sugar including fruit juices and drink at least one liter of water per day. Natural freshly squeezed juice at home is ok.

Other post treatment recommendations

For hydration and to assist with redness and soreness we also offer a soothing avocado hydration mask available post treatment (except for PRF micro needling).

For destination illumination post any skin chemical peel or micro needling treatment. We do offer a post treatment illumination peel that helps to loosen and remove any dead skin cells [click here for more information](#)

If you have any concerns or questions, please don't hesitate to contact NLHB on 406 581 8032.