

SWR Chemical Peel Pre and Post Instructions

You should be 4 weeks without any sun exposure (either before or after treatment) including visiting a sunny locale. Even if you wear sunscreen daily, if you have been in the sun you will have unpredictable results and we will not treat you. We do not do any heat procedures during the warmer, sunnier weather.

For best results, it is advised to avoid the following products & procedures at least **1 week prior** your treatment:

- Electrolysis
- Waxing
- Depilatory creams
- Laser hair removal
- Any exfoliating products
- Any products that may be drying or irritating, including products containing salicylic acid, alpha hydroxy acids, vitamin c, hydroquinone, retinoids, and prescription medications.
- Shaving of the area to be treated

POST-Treatment Instructions

For two days post procedure:

- Stay cool! Heating internally can cause hyperpigmentation.
- Do not put treated area directly into a hot shower spray.
- Do not use hot tubs, steam rooms or saunas.
- Do not go swimming.
- Do not participate in activities that would cause excessive perspiration.
- Do not use loofahs or other means of exfoliation.
- Do not direct a hair dryer onto the treated area.
- Do not apply ice or ice water to the treated area.

General guidelines:

- After receiving a chemical peel, the skin may look and feel like a mild windburn for the next 2 or 3 days. After 48 hours, a slight flaking may occur for 3 to 5 days which can easily be controlled with moisturizers.
- It is recommended that makeup not be applied the day of treatment, as it is ideal to allow the skin to stabilize and rest overnight.
- To minimize side effects and maximize results, use the post procedure solution for 3 to 5 days or until flaking has resolved.
- Moisturizer should be applied at least twice a day but can be applied more frequently for hydration and to decrease the appearance of flaking.
- Avoid direct sun exposure and excessive heat. An SPF of at least 30 must be used daily.
- Do not go to a tanning bed for at least two weeks post procedure. This practice should be discontinued due to increased risk of skin cancer and signs of aging.
- Do not pick or pull on any loosening skin. This could potentially cause hyperpigmentation.

Do not have any other facial treatment for at least one week after your peel. You may resume the regular use of retinoids, alpha-hydroxy acid, beta hydroxy acid, vitamin c or bleaching creams **ONLY** after peeling process is complete.