

## **Pre and Post Peel/Microneedling**

### **Avoid 2 weeks before your appointment**

- Hair removal measures such as Electrolysis, Waxing, Laser Hair Removal, Depilatory Creams
- Significant Sun Exposure (greater than 4 hours for 2 days or more)
- Skin resurfacing lasers, pulsed light treatments
- Chemical Peel
- Prescription Strength Retinoids

### **Post-treatment Instructions**

To make the most out of your chemical peel treatment, please follow these post-treatment recommendations.

### **For best results AVOID the following**

- “Helping” the skin to peel. NO pulling, rubbing, scrubbing or peeling the skin as this can cause scarring or hyperpigmentation.
- Abrasive facial cleansers or facial scrubs for at least 10 days.
- Any product containing Retin-A, Tretinoin, Renova, Differin (Adapalene), Tazorac, alpha-hydroxy acids (AHA, glycolic acid, lactic acid), benzyl peroxide or beta hydroxy acid (BHA, salicylic acid), mint, spearmint or spiced-based products.
- Strenuous exercise for at least 2 days post peel.
- Hair removal measures such as Electrolysis, Waxing, Laser Hair Removal, Depilatory Creams
- Sun Exposure (greater than 4 hours for 2 days or more)
- Skin resurfacing lasers, pulsed light treatments
- Chemical Peel
- Prescription Strength Retinoids

### **Day 1 evening routine**

- Wash face with a gentle cleanser and luke warm water.
- Pat face dry.
- Apply Alastin Regenerating Skin Nectar as needed, or a moisturizer that does not sting or itch.
- If you are experiencing any irritation or discomfort, apply a small amount of 1% or 2.5% hydrocortisone.
- You may wear makeup.

### **Day 2 routine**

- Skin may look and feel like a mild windburn; Avoid any direct sunlight.
- Wear an all-natural sunblock with at least SPF 30 and reapply 2-3 times.
- It is okay to wear makeup today as well. Moisturize with provided Avene Cicalfate as needed throughout the day.
- Follow the same evening routine as day 1.

### Day 3-5 routine

- Depending on your skin type or if a peel was added during your microneedling, peeling may begin around the 3-5 day period. This will usually start around the mouth and nose, and then progress outward towards hairline.
- Sunblock of *at least* SPF 30 should be reapplied every 2-3 times daily depending on incidental sun exposure and avoiding prolonged direct sun, preferably mineral sunscreen.
- Moisturizing in a 2-3 step process is recommended, as the skin barrier has been disrupted and will take some time to resolve. Using products free of fragrance and alcohol will be most comfortable and conducive to healing. I love Avene products for barrier and moisture which can be found at CVS or Walgreens.
- If you have a history of melasma or any discolorations, monitor for dark spots, use hydrocortisone 2-3 times daily until peeling has stopped and at least once a day for 7 days after.