



MANHATTAN DERMATOLOGY

POST-CHEMICAL PEEL INSTRUCTIONS

TREATMENT FOLLOWING A CHEMICAL PEEL

- Wash twice a day with a gentle cleanser.
- Liberally apply a bland moisturizer after cleansing, and throughout the day if needed to prevent dryness and formation of crust.
- Do not vigorously rub the skin or pick at the flaking skin.
- If itching is a problem, over the counter hydrocortisone 1% cream or ointment can be used 2 times a day. Your doctor may choose to prescribe a stronger medication if needed.
- Sun protection is critical. You should not have any sun exposure without a broad-spectrum sunblock. It should have UVA/UVB coverage and have a minimum of SPF 30. This includes just driving to work. No tanning beds.
- Wait 7-10 days before laser treatments, waxing, use of depilatories, or microdermabrasion.
- Wait 7 days before the use of Retin-A (tretinoin), Renova, Differin, Tazorac, or any other exfoliating agents.
- No swimming or sauna use for at least 7 days after each peel.
- If you were instructed to take an antiviral medication, please complete the prescribed course.
- The procedure can cause swelling, redness, crusting, dryness, skin sensitivity, itching, and obvious peeling of the site, which could last for 1-2 weeks. In the days after the peel, the skin may feel and look tight. Preexisting lesions may darken and appear grayish to brown. These are expected reactions.

If you have any questions or concerns, or experience an unexpected reaction, please call us immediately. A physician can always be reached after hours through the answering service. We are happy to speak with you any time (310) 546-1188.