

Post-Procedure Instruction Sheet - Chemical Peel

Clinic Phone Number: (801) 449-9990

- The resurfaced area of your face may feel swollen, be numb, and look slightly pink. It will feel like you have a moderate sunburn. This is all normal and will reside as the healing process continues. Your skin will start to have some peeling within a few days of the chemical peel, which will increase for about a week. **DO NOT** pick at the loose skin.
- Keeping the skin clean and moist at all times is vital to the healing of the resurfaced skin. Wash the area with a gentle facial soap (Neutrogena or Cetaphil) 2-3 times a day. Pat the skin dry, and then apply a thick layer of ointment (Aquaphor or other similar soothing-gel-based product) over the resurfaced areas. This will need to be on at **all times** during the healing process. Keeping the ointment in the refrigerator will cool the ointment; it will be refreshing and soothing to your skin.
- 7-10 days after the chemical peel, you can resume use of your usual facial creams and make-up. Using a sunscreen with a minimum SPF 30 every day for the next 6 months is very important. Staying out of the sun for prolonged periods of time is also recommended. Remember, damage from UV rays can happen on cloudy winter days and through house and car windows.