



IMMEDIATE POST-TREATMENT (FIRST 6 HOURS)

- Do **NOT** wash, rinse, or touch the treated area for at least **6 hours**.
- Do **NOT** apply makeup on the day of treatment.
- Avoid sweating, exercise, heat, steam, or hot showers.
- Avoid direct sun exposure. Wear a hat if outdoors.
- The peel solution must remain on the skin for the full instructed time.

Normal reactions may include redness, tingling, warmth, tightness, or mild frosting

FIRST 24–72 HOURS

- Gently cleanse only with a mild, non-active cleanser as directed.
- Apply only the post-care products provided or approved by your provider.
- Use a broad-spectrum **SPF 30+** daily, even indoors.
- Expect redness, dryness, flaking, or peeling. **Do not pick or peel the skin.**

FOR 5–7 DAYS AFTER TREATMENT

Avoid the following unless specifically instructed by your provider:

- Retinoids, retinol, tretinoin
- AHAs, BHAs, exfoliants, scrubs
- Benzoyl peroxide
- Vitamin C serums
- Waxing, threading, laser, microneedling
- Saunas, hot tubs, steam rooms

Avoid sun exposure and tanning beds.

GENERAL CARE

- Keep skin well hydrated with gentle moisturizers.
- Apply sunscreen generously and reapply as needed.
- Use only gentle, fragrance-free skincare.
- Do not pick, scratch, or forcibly remove peeling skin.

WHEN TO CONTACT ME

Please contact us immediately if you experience:

- Severe pain or burning
- Signs of infection (pus, spreading redness, fever)
- Blistering or open wounds
- Persistent swelling or redness beyond expected healing
- Darkening of the skin that concerns you

IMPORTANT NOTES

- Peeling and redness are expected and part of the normal healing process.
- Healing time varies by individual and depth of peel.
- Multiple treatments may be required for optimal results.
- Strict sun protection is critical to prevent pigmentation changes.

Patient Signature: _____ Date: _____