



Post Treatment Instructions - Chemical Peel

A chemical peel gently removes superficial layers of skin, reducing the appearance of fine lines and wrinkles, sun damage – dark spots, age spots, and freckles. This process will also assist with addressing acne breakouts and dislodging unsightly blackheads. The chemicals used during the peel react with the skin which causes a slight “injury” to the skin which allows the body to build new collagen and regenerate fresher, newer, more radiant skin.

During the peel, the patient may experience mild stinging, redness, and swelling. The skin will become tight and perhaps uncomfortable before peeling, but once healed, the skin that is revealed is radiant and smooth.

Recovery depends on the strength of the chemical peel. Patients should follow the skin care instructions provided to them and avoid sun exposure for at least 14 days post peel.

You will begin to see results within a few days post peel. Light peels will provide subtle results, but can increase with repeated treatments. With a medium chemical peel, the skin will be noticeably smoother, and a deeper chemical peel may provide a more dramatic improvement.

To ensure proper healing after your chemical peel treatment, please follow the tips and instructions below.

- Please do not pick your skin at any time after your chemical peel – your skin will begin the shedding process 2-3 days post treatment – results become noticed 1 week post treatment (Picking your skin at any time after your chemical peel may cause scarring)
- Night of treatment – gently wash your skin with water only, pat dry
- Day after treatment – cleanse your skin twice a day with a gentle cleanser
- 24 hours post treatment – avoid rigorous activity (no excessive sweating, gym, hot tubs, saunas, etc.)
- 48 hours post treatment – avoid exfoliants (scrubs, chemical exfoliants such as AHA, Glycolic Acid, Retin-A, Retinols, Vitamin A creams etc.)
- 48 hours post treatment – avoid products containing active ingredients (including Salicylic Acid, Benzoyl Peroxide, Vitamin C serums, etc.)
- Before beginning products containing active ingredients – let redness, dryness of the treated area subside
- Avoid any other facial treatments 1 week post chemical peel treatment
- Refrain from waxing, sun exposure, or using tanning beds for at least 3 weeks post chemical peel treatment
- Please avoid touching your treated skin unnecessarily – always wash your hands before touching the treated area
- Keep skin well hydrated with adequate water intake and moisturizing the skin throughout the day
- Wear a minimum of SPF 30 consistently and reapply throughout the day – even when it's cloudy (mineral sunscreen is recommended) – keep skin covered if possible by wearing a hat

For any further question or concerns please call our office at (519)-850-5435 or via email at info@londonplasticsurgery.ca