

CHEMICAL PEEL

ITEMS YOU'LL NEED AT HOME

- **Valacyclovir:** If you have a history of recurring cold sores, you will receive a prescription for Valacyclovir. Please have your prescription filled and begin taking the medication the day before your peel.
- **Vinegar Solution:** for post-procedure soaks
 - Boil one pint of water
 - Add one tablespoon of white vinegar
 - Allow to cool, then place in a clear jar and cover
 - Place in the refrigerator
- **Gauze pads:** (4" x 4" work great)
- **Moisturizer:** A new jar or tube of Vaseline or Aquaphor
- **Pain relief:** Ibuprofen or acetaminophen
- **Ice packs:** (frozen peas or corn are acceptable options)
- **Sunscreen:** physical (not chemical)

POST-PEEL SKIN CARE

- Bring a wide brim hat or umbrella to your appointment.
- Use vinegar soaks for two days to soothe skin and prevent infection.
 - Soak clean gauze (4" x 4" pads) in the cold vinegar solutions.
 - Apply wet gauze to the affected area for 20 minutes every 2 hours.
- You may apply ice packs over soaks for pain relief.
- Take ibuprofen or acetaminophen to reduce pain.
- Apply Vaseline or Aquaphor to the peeling area after vinegar soaks.
- Avoid strenuous workouts, dry saunas, and steam rooms on the first day.
- **DO NOT PEEL OR PICK AT YOUR SKIN!**
- After the first 24 hours, begin gently cleansing your skin twice daily using a mild non-detergent cleanser like CeraVe or Cetaphil.
- You may use makeup or tinted sunscreen after the first week.
- Avoid sun exposure for six weeks following your procedure.

HOW MUCH WILL I PEEL?

Typically, redness worsens for the first 3-4 days, and then the skin begins to peel. The amount of peeling varies significantly among patients. You might not see any peeling, but it does not mean that the treatment is not working or that you won't get results. You can have thousands of skin-cells shedding at the same time that are not visible to the naked eye. Trust that the magic is happening under the surface! In older-style peels, there was always visible peeling to complete the process. But that's no longer the case.

At the end of one week, the bright red color will start to fade to pink, and your skin will have the appearance of a sunburn. This should fade in 2-3 weeks.



CONTACT US

Please call the office if you have any questions or concerns during your recovery period or

- You have a fever higher than 102°
- The pain is the worst for the first 24 hours. If your pain increases after the first day or will not go away with the help of over-the-counter medication

559-472-SKIN