



## **Recommended Pre & Post Care for Chemical Peel Treatments**

For best results please follow these instructions

### **BEFORE YOUR APPOINTMENT**

#### **In the 14 days prior to your appointment, avoid receiving:**

- A chemical peel.
- Injectable medical-aesthetic treatments (dermal filler or neuromodulators).
- Microdermabrasion treatments.

#### **In the 10 days prior to your appointment, avoid:**

- Exposure to the sun or visiting a tanning salon, which could result in burns.

### **AFTER YOUR APPOINTMENT**

- The chemical peel requires little or no recovery time.
- Makeup can be applied the day after the peel.
- Avoid picking at any crusting or peels that may be present.
- Use post-peel products recommended by your healthcare provider.
- If your skin is exposed to the sun, regularly apply sunscreen (every 2 hours). We recommend EltaMD. If you choose a different brand, make sure it has adequate UVA coverage.

For emergencies ONLY please contact 519-270-0833

#### **Phone**

226-909-3590

#### **Address**

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#### **Email**

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For any other issue please call the clinic at 226-909-3590