



### Chemical Peel Instructions

#### Pre-Treatment Instructions:

- Please try to refrain from wearing any makeup to your appointment.
- Avoid active sun exposure and tanning beds for approximately 2 weeks prior to the treatment. Use a broad spectrum SPF 30+ daily.
- Discontinue the use of Retinoid medication (Retinol, Tretinoin, Retin-A, Atralin, Adapalene, Differin, Tazarotene, Tazorac, etc) and OTC anti-aging products containing Retinol, Retinaldehyde, or Vitamin A for 1 week prior to treatment.
- Discontinue the use of acne and exfoliating agents (Benzoyl Peroxide, Salicylic, Glycolic, Alpha or Beta-Hydroxy Acids) for 2-3 days prior to treatment.
- Treatment can not be performed if you used Accutane (oral acne medication) within 6 months prior to the treatment.
- If you have a history of cold sores, begin prophylactic treatment with Valtrex or similar medication no later than 24 hours prior to the treatment.
- Botox and/or facial fillers within 48 hours prior to your treatment is not recommended.
- This treatment is contraindicated if you are trying to get pregnant, pregnant or nursing.

#### Post-Treatment Instructions:

- Do not get the treated area wet, apply products, or apply makeup for 6 hours post procedure, as this could reactivate the chemicals. This includes showers, perspiration, misting spray, products, makeup, etc.
- Avoid heat and keep the skin cool during the first 48 hours post treatment. Heating internally can cause hyperpigmentation. Avoid direct hot water spray, hot tubs, steam rooms, and saunas. Do not participate in activities that may cause excessive perspiration.
- Avoid strenuous exercise for 24 hours post-procedure.
- Direct sun exposure should be avoided for 2 weeks post-procedure. You MUST use a broad spectrum UVA/UVB sunscreen SPF 30+ post-procedure.
- You may resume normal skin care regimen, including the use of Retinoid medications and topical exfoliating agents, only after the peeling process is complete (approximately 7 days).

### Side Effects:

- The skin may look and feel like a mild sunburn for the first 48-72 hours post treatment.
- After 48 hours, peeling may occur for 3-5 days. Peeling can easily be controlled with moisturizers.
- Do not pick, or scratch the peeling. Do not use any means of exfoliation or loofahs. This may result in scarring or hyperpigmentation.
- Peeling skin may appear darker than normal.
- Your skin will only peel as much as it needs too. Little or no peeling of the skin does not make the peel less effective.

### After Care Regimen:

- Cleanse: Use a gentle cleanser morning and night. Do not scrub and/or use a washcloth until skin has fully healed. Gently pat skin dry after cleansing.
- Moisturize: Apply a soothing and hydrating moisturizer to the skin morning and night. You may apply this throughout the day if you find that your skin feels dry and/or itchy.
- Protect: Apply a broad spectrum UVA/UVB sunscreen SPF 30+ every morning and throughout the day. Avoid direct sunlight for at least one week prior and 2 weeks after.

If you think you are having an emergency please call 401-782-2400. After hours or on the weekend please email [info@seamistmedspa.com](mailto:info@seamistmedspa.com) with EMERGENCY DR. SIMPSON.