



Chemical Peel Instructions

Pre-Treatment Instructions:

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

Post-Treatment Instructions:

- Do not get the treated area wet, apply products, or wear makeup for at least 6 hours post-procedure, as this could reactivate the chemicals. This includes showers, sweating, misting sprays, products, makeup, etc.
- Avoid heat and keep the skin cool during the first 48 hours post-treatment. Internal heating 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 your normal skincare 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 skin. 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 to. 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 or use a washcloth until the 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 your skin feels dry or itchy.
- **Protect:** Apply a broad-spectrum UVA/UVB sunscreen SPF 30+ every morning and throughout the day. Avoid direct sunlight for at least 2 weeks prior to and 2 weeks after the treatment.

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