

# Chemical Peel

## Pre-Appointment Instructions



You are scheduled to have a Chemical Peel treatment.

Medical grade peels are available in a number of treatment options to improve aging skin, sun damage, acne, or if you have sensitive skin.

Your treatment will take approximately 45 minutes.

### Prepare for Your Appointment

#### **1 week before your appointment:**

- X Refrain from using retinol products - either topical retinol or oral retinoids.
- X Avoid activities that can result in sun damage (e.g. tanning beds, outdoor sun exposure, wind burn)

#### **The day of your appointment:**

- ✓ Come in with a clean face
- X Do not wear makeup or use skincare products

#### **Plan for recovery:**

Depending on the type of peel used, there may be some downtime including redness and or flaking for a few days after the peel. Plan ahead as needed.

### Support

For any question or concern, please call your aesthetic service provider at 431-388-8869.