



### Pre-Treatment Instructions for Chemical Peels

**ONE WEEK BEFORE YOUR PEEL AVOID THESE PRODUCTS AND/OR PROCEDURES:**

- Electrolysis
- Waxing
- Depilatory Creams
- Laser Hair Removal
- Patients who have had other recent facial treatments such as filler or botox placement should wait for the appropriate time to not interfere with results. Inquire with your aesthetic provider for specific recommendations.

The use of the following products/treatments prior to your peel may increase skin sensitivity and cause a stronger reaction.

**AVOID THESE PRODUCTS AND/OR PROCEDURES FOR 5 DAYS PRIOR TO A PEEL:**

- Retin-A and all Retinol like products.
- Any products containing retinol, alpha-hydroxy acid (AHA) or beta-hydroxy acid (BHA), benzoyl peroxide, salicylic or mandelic acid.
- Any exfoliating products that may be drying or irritating
- Patients who have had medical cosmetic facial treatments or procedures (e.g. laser therapy, surgical procedures, cosmetic filler, microdermabrasion, etc) should wait until skin sensitivity completely resolves before receiving a Peel.

826 Main Street, Klamath Falls, OR, 97601

541-887-8229

[Almondaesthetic.com](http://Almondaesthetic.com)



### Post-Treatment for Chemical Peels

**Keep skin well hydrated.**

**Let your skin exfoliate naturally. DO NOT pick or peel the treated area. Doing so may result in scarring.**

**Avoid prolonged sun exposure, excessive heat and hot water temperature. Use sunscreen as directed.**

**Avoid the use of Retin-A, or similar products for 5 days following your procedure unless instructed otherwise.**

**Do not use laser or similar methods of hair removal (wax/depilatories) for 14 days following your procedure.**

**If no signs of irritation are present, you may shave the treated area 24 hours after your procedure.**

**What you can expect:**

**You may experience a variable amount of stinging and tightness, but these symptoms should subside within 24-48 hours after your procedure.**

**Temporary skin discoloration, dryness, and flaking, specifically around the nose and lips, may occur for 24-48 hours after your procedure.**

**Rarely some patients may experience a mild headache.**

**Rarely some patients may experience mild swelling of the treated area.**

**Contact us if you experience symptoms that are concerning or other than mild.**

**826 Main Street, Klamath Falls, OR, 97601**

**541-887-8229**

**Almondaesthetic.com**