

## Chemical Peel

### Post-Treatment Instructions

- Wash your face gently twice a day with a gentle facial cleanser (Avene Post Procedure Kit). Do not rub or scrub your face while washing and during the healing process.
- Do not pick any loose skin from your face.
- No sun exposure for 2 weeks following treatment.
- No exercising for 24-48 hours after a treatment.
- Men should not shave for 2 days following treatment.
- During the healing process, if there are any areas or persistent redness, a steroid cream applied 2-3 times a day may be necessary.
- If irritation or excessive dryness occurs, apply Aquaphor or another ointment suggested by Dr. Hooper or Dr. Jackson.
- A repeat treatment may be preformed monthly depending on the reason for the peel and the results obtained.