

Chemical Peel Post-Care Instructions

Thank you for choosing Pūr Skin Clinic for your treatment. Proper post-care is essential to ensure optimal results and a smooth recovery. Please review and follow these guidelines.

After Your SkinMedica Chemical Peel:

- Sun Protection: Use a medical-grade, physical sunscreen with at least SPF 30. Avoid direct sunlight for at least one week.
- Sun Sensitivity: If you are hypersensitive to the sun, take extra precautions as your skin may be more sensitive following the peel.

Peeling Expectations:

- **Illuminize:** Minimal to no visible peeling; occasional light flaking may occur after 3-4 days.
- **Vitalize and Rejuvenize:** Mild/moderate peeling may begin within 48 hours and last up to 5 days.
- **Redness:** Skin may appear slightly red for 1-2 hours post-treatment. Redness may last longer if the neck and décolletage are treated.
- Skin Cleansing: Wait at least 4-6 hours post-treatment before getting the skin wet. When washing your face:
- Do not scrub or use a washcloth.
- Use a gentle, soap-free cleanser, such as SkinMedica Facial Cleanser.
- Moisturizing: Apply a Pūr Skin Clinic approved moisturizer recommended by your provider for 4-5 days or as needed to relieve dryness.

Avoiding Irritants:

- Wait 4-5 days before resuming the use of Retin-A, alpha hydroxy acids (AHA), or skin-brightening products.

General Post-Care Guidelines:

- Sun Protection: Use a medical-grade, physical sunscreen with at least SPF 30 and avoid direct sunlight for at least one week.
- Sun Sensitivity: If you are hypersensitive to the sun, take extra precautions as your skin may be more sensitive following the peel.
- Skin Cleansing: Wait at least 4-6 hours post-treatment before getting the skin wet. Do not scrub or use a washcloth. Use a gentle, soap-free cleanser, such as SkinMedica Facial Cleanser.
- Moisturizing: Apply a SkinMedica moisturizer recommended by your provider for 4-5 days or as needed to relieve dryness.
- Avoiding Irritants: Wait 4-5 days before resuming the use of Retin-A, alpha hydroxy acids (AHA), or skin-brightening products.

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Other Treatments:

Avoid the following until flaking completely subsides:

- Facials
- Microdermabrasion
- Laser treatments (including laser hair removal)
- Facial hair removal
- Botox injections
- Dermal fillers

Thank you for trusting us with your aesthetic journey. If you have any questions or concerns, don't hesitate to contact the Pūr Skin Clinic location that you visited for your treatment.