



POST-TREATMENT CARE – Chemical Peels

The treated area will feel tight and sensitive post-treatment, similar to a sunburn. This is normal.

The initial 72 hours post treatment are critical. Patients should adhere to the following guidelines for healthy, radiant skin:

- Avoid direct sun and extremes of heat or cold for the first 24 hours or until increased sensitivity ceases. This includes tasks such as gardening, cooking over a hot stove for a long period of time, exercising, swimming, sitting next to a bonfire or fireplace, hot bathtubs, steam rooms, etc.
- Discontinue use of active cosmeceutical agents such as AFA, BHA, AHAs, glycolics, retinoids, etc. You may continue use regular active skin care products after 72 hours or when your skin is no longer flaking/peeling.
- Use hydrating and reparative products. Products rich in soothing and healing ingredients are best to encourage new healthy cell growth. Be sure to drink plenty of water to help avoid dehydration, which could make your skin feel tight.
- Use Sunscreen. Avoid direct sun exposure after receiving your AFA treatment and always be sure to wear a sunscreen of SPF 30 or higher.
- No scratching, peeling or picking.

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