



Chemical Peels

Pre and Post Treatment Care

We are so happy you decided to trust us with your aesthetic needs! For optimal results and safety, it is important to follow these pre and post-treatment guidelines.

Please reach out with any questions or concerns you have regarding your treatment –
Call or Text: (918)-779-7590 | soultulsa.com | 1312 E 36th Place, Tulsa, OK

PRE-TREATMENT INSTRUCTIONS:

- Avoid waxing, laser hair removal, electrolysis, and depilatory creams one week before treatment.
- Discontinue the use of prescription retinol 5 days prior to treatment (such as Retin-A, Renova, Differin, Tazorac or Tretinoin). Consult your physician before temporarily discontinuing the use of any prescription retinol.
- Discontinue the use of products containing retinol, alpha hydroxy acid (AHA), beta hydroxy acid (BHA), benzoyl peroxide, or any exfoliating products or procedures that may be drying or irritating to the skin 5 days prior to treatment.
- If you have had any professional aesthetic procedures such as lasers, filler, chemical peels, microdermabrasion, Diamond Glow, or surgical procedures, you should wait until all skin sensitivity resolves before getting a chemical peel.
- Do not go to a tanning bed two weeks before treatment. This practice should be discontinued altogether due to the increased risk of skin cancer and accelerated visible aging.
- Avoid extended sun exposure, especially in the 10 days before your treatment.
- You are not a candidate for a chemical peel if you have been on Accutane or other similar medications in the past 6 months.
- You are not a candidate for a chemical peel if you are pregnant, may be pregnant, or are breastfeeding.



POST-TREATMENT INSTRUCTIONS:

- After receiving a professional chemical peel, you should not necessarily expect to "peel." The amount of "peeling" or "flaking" after a chemical peel is based on many different factors. Even if you do not see any visible flaking after a peel, you are still receiving all the benefits of the chemical peel.
- If you received a VI Peel, you will be given post-treatment instructions and products. An app is also available that will walk you through your post-treatment.
- Do not wash your face for 4 hours after treatment.
- Do not apply makeup post-treatment until you have washed your face at the directed time.
- Apply a gentle moisturizer as often as needed to relieve dryness and tightness. We recommend SkinMedica TNS Ceramide Cream, SkinMedica Ultra Sheer Moisturizer, Cetaphi, or Cerave.
- Discontinue the use of products containing retinol, alpha hydroxy acid (AHA), beta hydroxy acid (BHA), benzoyl peroxide, or any exfoliating products or procedures that may be drying or irritating to the skin for 7-10 days post-procedure, as they may cause irritation.
- Discontinue the use of prescription retinoids such as Retin-A, Renova, Differin, Tazorac, or Tretinoin for 7-10 days post-procedure.
- Apply SPF 30+ every morning after the treatment.
- Avoid direct sun exposure as much as possible for 7 days after treatment.
- Even after the peeling has subsided, your new skin will be sensitive to UV light. Protect your investment and reapply sunscreen when outdoors.
- Avoid sweating and heat for the first 5 days. Inducing excessive perspiration can lead to post-inflammatory hyperpigmentation or blistering.
- As your skin starts to peel, please do not pick or pull any loosening skin off, as this could lead to significant irritation and possible hyperpigmentation if the skin is not ready to come off.
- Do not have electrolysis, facial waxing, or use depilatories for 7 days.
- Side effects that may occur after your chemical peel are redness, itchiness, sensitivity, and/or irritation.
- Contact our office if you are experiencing any of the following reactions after your peel:
 - Moderate to severe swelling, burning, or redness.
 - Itching that does not subside or resolve after applying moisturizer.
 - Rash-like appearance.
 - Pain.