



DERMATOLOGY
SPECIALISTS

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Chemical Peel Expectations

Depending on the intensity of the peel, you will have:

- Slight redness, like a mild sunburn, with minimal peeling for the next 2-3 days.
- Moderate redness progressing to a thin, tight, light brown crust, which will peel off over the next 5-7 days.

Post Care Instructions

- Cleanse face morning and evening with mild soaps (CeraVe, Cetaphil, Vanicream).
- Moisturize 2-3 times a day (CeraVe, Cetaphil, Aquaphor).
- No make up for 2-3 days (lipstick and eye makeup is ok).
- Avoid Sun exposure, acne medications, anti-aging creams, and retinoids until all redness and peeling has resolved.
- If you have a history of Herpes Simplex infection (cold sores or fever blisters), let the doctor know. You will need treatment for the next 5-7 days.
- Do not pick at any dry, brown patches as this may lead to prolonged discoloration, infection, or scarring. Brown patches are normal and will clear on their own in the next several days.