



Chemical Peels and Medical Grade Facials

Post Treatment Care

1. The procedure may cause swelling, redness, crusting, dryness, skin sensitivity, itching, and peeling of the site which could last for 1-2 weeks. In the days after the peel, the skin may feel and look tight, with parchment-paper like changes or darkening. These are expected reactions.
2. Wash face twice a day with a gentle cleanser and liberally apply a bland moisturizer after cleansing and throughout the day as needed to prevent dryness and formation of crust (Aquaphor, Cetaphil, CeraVe).
3. Do not vigorously rub the skin or pick at the flaking skin as this may cause scarring.
4. Sun protection is critical. You should not have any sun exposure; wear a broad spectrum sunscreen with a minimum of SPF 30. This includes driving to work. Do not use a tanning salon.
5. Avoid laser treatments, waxing, the use of depilatories, or microdermabrasion for 3 weeks.
6. Wait 7 days before resuming the use of Retin-a (tretinoin), Renova, Differin, Tazorac, Ziana, Veltin, Atralin, glycolic acids or any other exfoliating agents such as a Clarisonic Brush.
7. Avoid swimming, sauna, or whirlpool use for at least 7 days after the peel.
8. If you were instructed to take an antiviral medication, complete the prescribed course.
9. Call your provider directly at Blue Divine Aesthetics if you have any questions or concerns.

Chemical peels work by removing the outer layers of your skin damaged by the sun, aging and environmental conditions. Superficial, medium and deep peels are available at Blue Divine. peels are less painful, have no downtime and result in generalized revitalization of the skin. They are used to improve the appearance of acne scars, sun damage and fine wrinkles. Medium peels treat discolored skin, hyperpigmentation, deeper wrinkles and precancerous lesions.