

CHEMICAL PEEL

Treatment Information

BEFORE A CHEMICAL PEEL

- Use of AlumierMD or DMK home care products 10-14 days prior to your peel is recommended to prepare your skin, allow for better results and reduce the risk of complications.
- If you are lactating or pregnant you cannot have a chemical peel.
- Avoid sun exposure and/or tanning beds for at least 2 weeks prior to treatment.
- Avoid the use of retinoid products (i.e. retinol, Retin A®, Tazorac®) and high levels of AHA and BHA products for approximately 7 days prior to treatment. Consult your physician before temporarily discontinuing the use of prescription medications.

DURING A CHEMICAL PEEL

- We prepare you for the peel with a soothing, relaxing cleanse.
- The specialist will apply the peel selected for your treatment. Some are only one layer while others require 4 or more layers. Depending on the peel selected, you may feel tingling or warmth over the skin where the peel is applied.
- It is important to note that your skin must be overall healthy at the time of the treatment. If the skin is broken, infected or inflamed, we cannot perform the treatment until your skin barrier is repaired with pre-treatment calming products.
- When your treatment is complete we will provide you with post-care instructions.

AFTER A CHEMICAL PEEL

- Depending on the treatment, one can expect to peel for 3-5 days for light to medium depth peels and for 7-10 days for deeper peels.
- Treatments may cause slight redness, tightness, peeling, flaking or temporary dryness.
- Most clients do not find it necessary to apply makeup, as the skin will either be smooth, dewy, and radiant following the treatment, or peeling and the makeup will cling to the flakes & make it look worse.
- Avoid direct sun exposure and excessive heat.
- Only use the products provided to you in the post-care kit for 5-7 days.
- Keep your skin hydrated.
- Do not cleanse your skin on the evening of your peel.
- Do not pick or pull any flaking skin.
- Do not tan or use a tanning booth for at least 14 days post peel.
- Do not have electrolysis, waxing, threading, or any other form of hair removal for 7 days post treatment.
- Do not use facial scrubs or mechanical forms of exfoliation for 14 days post peel.
- Do not use retinoic acid, AHA, BHA for 14 days post peel.
- Do not use laser hair removal, photofacials, or microdermabrasion for 14 days post peel.
- Do not apply ice or ice water on the treated area.
- Do not use hot tubs, saunas, steam rooms or excessively hot showers/baths for 2 days post peel.
- Do not go swimming for 2 days post peel.
- Do not participate in aerobic activities for 2 days post peel.