



Chemical Peel Aftercare

The glow-up is coming. Trust the process. ✨

✓ DO:

- Gently cleanse with mild fragrance-free cleanser twice daily 🧼
- Apply a gentle hydrating moisturizer to soothe skin 💧
- Wear SPF 30+ every single day ☀️ — this is critical!
- Let skin peel naturally — do NOT force it 🚫
- Stay hydrated 💧 and be patient — the glow is coming! ✨

🚫 AVOID for 7 Days:

- 🚫 Picking, peeling, or scratching flaking skin — causes scarring!
- Retinol, vitamin C, AHAs, BHAs, or any active skincare
- Sun exposure ☀️ or outdoor activity without SPF
- Saunas 🧖, hot tubs, strenuous workouts 🏃, sweating
- Makeup 💄 until peeling has fully resolved
- Waxing or hair removal on treated areas

📅 Day-by-Day Timeline:

- 🕒 Days 1–3: Redness, tightness, and mild swelling
- ✨ Days 3–7: Peeling begins — this is the treatment working!
- ✨ Days 7–14: Fresh, brighter skin reveals underneath
- ✨ 2–4 Weeks: Full glowing results visible

⌚ What to Expect:

- Depth of peel determines recovery time (light to deep) 🕒
- Peeling is normal and expected — do not panic!
- Skin will be noticeably brighter, smoother & more even ✨
- 📅 Series of 3–6 peels recommended for best results

🌟 Skincare During Recovery:

- 💧 CeraVe, Vanicream, or Aquaphor are great gentle options
- 💧 Hydrate inside AND out — drink plenty of water
- ☀️ Mineral SPF only (zinc oxide or titanium dioxide)
- 🚫 Less is more — skip actives until fully healed!

⚠️ Call Us If You Notice:

- Blistering, intense burning, or signs of infection (pus, extreme swelling)
- Dark patches or unusual skin color changes — contact provider



The secret to great peel results: The peeling you see is actually old, damaged skin cells shedding to reveal the fresh, healthy skin underneath. The more you resist picking and let it shed naturally, the more dramatic and even your reveal will be. Trust the process — your glow is coming!

📞 (347) 514-9311

Questions? We're always here for you 💖

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