



Post Instructions for Chemical Peels

- After your treatment, you will experience some mild burning controlled with cool compresses.
- Upon arriving home, use cool compresses for no more than five minutes at a time.
- You should sleep with your head elevated on several pillows to minimize swelling the first night. You will notice swelling, particularly under your eyes. Swelling might increase in the morning after your procedure.
- You may wash your face the following day with a gentle cleanser, such as **OSVI Soothing Green Tea Cleanser**, but do not rub vigorously.
- Avoid direct sunlight on the treated area for 4 - 6 weeks after your treatment(s).
- A broad-spectrum UVA/UVB sunscreen (SPF 30 or greater) must be worn one week after your procedure. Apply to skin every three hours once the skin is healed for at least 3 months after your treatment, regardless of season or weather conditions. In addition, we recommend **Oath MD Inzicable SPF** to be used regularly.
- Avoid harsh topical products such as retinol for 3 days after treatment. It will enhance the effects of the peel.
- Anticipate 7 days of social downtime following your treatment.
- Do not apply any make-up for at least 5 - 7 days after the treatment.
- New collagen takes approximately three to six months to form; therefore, results may be seen within the first few weeks, and yet, the skin's texture, clarity, and tone will continue to improve for up to one year.

If you have any problems, please do not hesitate to contact the office at _____

Starting Day 2 AM:

AM: Gentle Cleanser
Niacinamide Serum
SPF- Recommended

Starting Day 2 PM:

PM: Gentle Cleanser
Niacinamide Serum
Tretinoin (Retinol)
Biotherapy Balm or Moisturizer