

dr.laura clinic

Peel Post Care



After your appointment

Things to avoid AFTER YOUR PEEL

- Avoid skincare products (unless recommended by Dr. Laura) for the first 4 hours
- Immediately after a chemical peel, skin becomes more photosensitive. It is absolutely necessary that a broad spectrum sunscreen minimum SPF 30 is applied daily post treatment.
- DO NOT PICK AT SKIN as this will cause injury
- Do not use exfoliating products for at least 72 hours (see next page for further details)
- Increase water intake to include at least 8 glasses
- Do not use wash cloths, or any other type of cloth on skin
- Make sure to avoid excessive heat on the treated area and direct sun exposure of any kind, as well as tanning beds and self-tanners to the treated areas for 4 weeks after treatment.
- Do NOT engage in strenuous exercise for 2-3 days after treatment because it may exacerbate the inflammatory and can cause your skin to become extremely inflamed.
- Sweating excessively after treatment can irritate the skin or cause blistering due to the sweat being unable to escape through the top layer of dead skin. Try to avoid sweating until after you have stopped peeling to avoid lifting the skin prematurely, as this can cause scarring.
- Do NOT tweeze, pick, rub, exfoliate, wax, use a depilatory, undergo electrolysis, or schedule a facial or cosmetic service such as laser resurfacing, or IPL on a treated area(s) for 4 weeks after your treatment. To reduce the risk of scarring, you do not want to remove the dry, rough, dead skin faster than your body wants to.
- This procedure can stimulate cold sores. If you have an outbreak after your treatment, please call the office to inquire about obtaining a prescription.
- Do not use makeup on the skin until the peeling is finished, this is especially important after the Easy TCA peel.

After your appointment

How to care for post-peel skin?

Your skin may take on a rough, patchy, darkened quality a few days after this treatment. This is normal and expected and it will resolve on its own. The first areas to peel are usually around the nose and mouth, but can begin anywhere. Most people begin peeling on the 3rd or 4th day after treatment. It is also possible to not peel at all. The peeling may take anywhere from 7-10 days on average or longer depending on internal and external factors such as skin type, age, weather, lifestyle, and hormones. Slight redness and skin sensitivity and flaking can occur as your treatment eliminates dead surface skin cells. Each treatment may vary.

If directed by Dr. Laura on the evening of your peel wash your face with a gentle cleanser (we love Obagi Gentle Cleanser) and use a moisturiser such as Obagi Hydrate to moisturise.

Cleanse Gently: Your skin may be fragile for 5-7 days. Cleanse your skin with COOL water (hot water will cause inflammation to the skin) using only your fingertips – no washcloths etc. We recommend using the Obagi Gentle Cleanser.

Moisturize Often: Letting the skin dry out may cause discomfort. We recommend using SkinCeuticals Phyto Corrective Gel and SkinCeuticals Epidermal Repair to help your skin recover. For strong peels, like the Easy TCA Dr. Laura will provide you with a cream to use for the first few days and as you are peeling. This will promote the healing process by locking in moisture and reducing the chance of a bacterial infection, redness, and irritation. Use these products several times per day or as needed. Topical hydrocortisone may be recommended, depending on your specific needs.

Protect Your Skin: Heat and sun exposure can cause inflammation to the skin. Remember to avoid excessive heat on the treated area and direct sun exposure of any kind, as well as tanning bed and self-tanners to the planned treatment areas for 4 weeks after treatment. Use a broad spectrum SPF post treatment, preferably one with mineral based filters. We recommend Heliocare Mineral Tolerance Fluid SPF 50.

Dr. Laura Clinic

After your appointment

When can I return to my normal skincare routine?

For most peels you can return to your normal skincare routine within 5-7 days, once the peeling has stopped and your skin feels back to normal.

With the Easy TCA peel, the skin is completely new and will be more sensitive so you need to take longer before adding back in products. If we are doing them regularly then Dr. Laura will advise what to use in between the treatments.

If as you start to reintroduce products your skin feels sensitive then you should stop use again and wait another period of time before introducing. If you are unsure consult with the clinic. This is mainly after the TCA peel which is much deeper than the other superficial peels.

Dr. Laura clinic