



## SARMELA SUNDER MD

9201 Sunset Blvd #214 Beverly Hills, CA 90069

O: 310.777.6679 • T: 310.765.5110 • F: 310.777.6680

# CHEMICAL PEEL

## One Week Prior to Treatment:

- Inform the doctor if you have taken Accutane (oral acne medication) in the past year.
- Do not apply topical retinoids, Hydroquinone, or Vitamin A derivative products.
- Do not use Glycolic, Salicylic acids, scrubs or chemical exfoliants.
- Avoid facial waxing.
- Avoid sun exposure without a sunscreen of SPF 36 or greater. Avoid tanning beds.

## The Day of Your Treatment:

- Allow 45 minutes for your appointment.
- Pre-treatment photos will be taken.

## What to Do After Your Treatment

- Expect to leave with the peel on your face for 6-8 hours depending on what we are treating (hyperpigmentation or texture). Your skin can appear pink for a few hours after treatment once peel is removed. Depending on the type of peel it may be left on for 45 minutes and neutralized prior to leaving.
- Your skin may be temperature sensitive for a few days after treatment.
- Make-up may be applied to cover redness as needed once peel is removed.
- Avoid direct sunlight on the treated area and use a broad-spectrum UVA/UVB sunscreen of SPF 36 or greater for 1-2 weeks after your treatment. SPF is recommended for everyday use even on non-treated skin.
- Keep your skin well hydrated with a protective moisturizer, SkinCeuticals Epidermal Repair, Cerave, Cetaphil, EltaMD Post procedure balm, or Aquaphor is recommended.
- Avoid using abrasive products such as scrubs or exfoliating sponges for 7 -10 days.
- Avoid products such as retinols, salicylic acids, and glycolic acid 10 days.
- Vitamin C Serums may be resumed after 48 hours.



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### **What to Expect:**

- Slight peeling for 5-10 days depending on the peel.
- Mild Itching, irritation, redness, increased sensitivity.
- Crusting is rare; however, if it does occur, a thin layer of over-the-counter antibiotic ointment such as Polysporin® can be applied 2-3 times a day for 3 days. Please call us if you experience this uncommon reaction.
- Hyperpigmentation (darkening of the skin color) can occur in some skin types. Please call us if you experience this uncommon reaction.

### **Maximizing Benefits of Your Treatment:**

- We will review and compose a simple, customized skin care program for you to begin before your treatment as well as once your skin has healed to maintain the desired results. A quality, daily home skin care regime will ensure that you maximize and maintain the benefits of your treatment.