

## Before/After Care Instructions for Glytone Chemical Peel Treatment:

\*Contraindications to Chemical Peels: (This treatment would **NOT** be able to be performed for anyone with the contraindications listed below)

- Pregnant or breastfeeding
- Skin Cancer and/or undergoing chemotherapy for skin cancer
- Patients who have an aspirin allergy (**For any chemical peels containing salicylic acid only**)
- Patients who have used Accutane within the past 6 months
- Patients who have active cold sores, warts, open wounds, history of herpes simplex
- Patients with recent excessive sun exposure
- Patients with a history of autoimmune disease or any condition that may weaken their immune system

### \*\*BEFORE your treatment\*\*

- **NO** makeup on the day of your treatment
- **NO** waxing, A minimum of 2 weeks PRIOR to your scheduled appointment or 1 week post treatment
- **Discontinue** use of chemical exfoliants or irritants **1 week before or after** your treatment: **AHA's, BHA's, Benzoyl peroxide, over the counter retinols or prescription retinoids**
- **Notify** the clinic with any changes to your health history or medications since your last appointment, especially diagnosis of autoimmune disease or starting a photosensitizing medication
- History of herpes or cold sores may require an anti-viral prescription medication prior to your appointment

### AFTER your treatment:

- **Avoid sun exposure** and use a **broad spectrum (UVA/UVB) sunscreen DAILY** to prevent further sun damage for one month post treatment. (**Most importantly used during the first 7 days post treatment**)
- Peeling generally begins on day 2 post treatment. Peeling amount varies person to person and peel to peel. However, no peeling does not mean the peel is not effective. You are still receiving the benefits of the chemical peel at a cellular level.
- You may experience micro-shedding, dryness, and tightness on day 2-5 post treatment.
- Use a gentle cleanser twice a day for 1 week post treatment
- Use a gentle moisturizer twice daily for 1 week post treatment (morning and night)
  - Avoid over-moisturizing because you want your skin to be able to shed off the dead skin cells.
- **Avoid** skin irritants until healed from peeling (*this is usually 1 week post treatment that you are able to resume your regular skin care routine*):
  - **Avoid products containing:** tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
- Notify the clinic of any concerns (Blistering, excessive peeling, etc.)