



Account # _____

Date: _____

Chemical Peel & Micro-needling Precautions

- ❖ If receiving a chemical peel you will leave with peel on your skin and it will remain on your skin for approximately 6-8 hours. No water can be added, keep this in mind if having a chemical peel on your hands.
- ❖ Avoid makeup for the rest of the day.
- ❖ Avoid retinoids, topical antibiotics, exfoliation, hydroquinone, sunburn, and benzoyl peroxide **7-10 days prior** to the procedure and **3-4 days post** procedure.
- ❖ Avoidance of IPL/Laser procedures for **2 weeks prior** to your treatment
- ❖ No waxing, depilatory creams, or electrolysis for **5-7 days prior** to the peel and **5-7 days post peel**
- ❖ No acids or exfoliation that may be drying or irritating to the skin (such as alpha hydroxyl acid (AHA), beta hydroxyl acids (BHA), exfoliation masks, hydroquinone, or benzoyl peroxide acne products) **3 days prior/ 5 days post peel and 3 days post micro-needling**
- ❖ No shaving the day of the procedure
- ❖ No significant changes in the skin, including breakdown of skin, excess dryness, or sunburn
- ❖ Begin an Antiviral agent for **2 days prior to and day of treatment** if history of cold sores
- ❖ Avoid sweating for 48 hours post treatment and keep your body temperature cool
- ❖ Avoidance of Accutane for at least **6 months prior** to treatment
- ❖ Pregnancy and lactating women are not candidates for either procedure
- ❖ No anti-inflammatory (Advil, Motrin, ibuprofen) **the day of micro-needling**
- ❖ Always notify your clinician of any allergic reactions and/or food allergies
- ❖ Complications are very rare, however, it is important to have Benedryl and over the outer hydrocortisone on hand in case of a histamine reaction.

Please call our office if you have any questions or concerns regarding your treatment.

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