 **Pre and Post Instructions for Medium Depth Chemical Peel Treatment**

 **Jessner/ TCA 30%**

Thank you for scheduling your Chemical Peel treatment with Laser Skin Care Center. For your safety and in order to obtain optimum results, the instructions below should be followed.

• Do not use the following products 5 days before or 5 days after your treatment [or until pinkness and peeling has subsided): Retin-A, retinoids, or similar vitamin A compounds, harsh scrubs or exfoliating products and bleaching creams, unless instructed otherwise by your provider.

• Avoid tanning or prolonged sun exposure 2 weeks before and 2 weeks after treatment. Sun may cause adverse reactions, as well as make your pigmentation worse.

• Apply your Essential Lipid Serum 2-4 times a day or as needed for at least 5 days after treatment. --Drinking plenty of water will also assist in skin dryness.

• Apply your Ultra Sheer Antioxidant Sunscreen SPF 50 the day after treatment and re-apply every 2 hours for incidental sun exposure such as driving. We also recommend Elta MD sunblock.

• The next day, cleanse the treated area with your Ultra Gentle Cleanser with tepid warm water. Apply cleanser to fingertips with water in a gentle motion. Do not use a washcloth or scrubs. Use the Ultra Gentle Cleanser until the skin is healed.

• Although extremely rare, a blister may appear, if so please call the office to let us know.

• Avoid Botox at least 1 week prior to treatment.

• Avoid Dermal Fillers at least 1 week prior to treatment and 1 week after treatment.

* If you have a history of cold sores ask your doctor about an antiviral prescription and use as directed.
* DO NOT PICK, PEEL or FORCE off peeling skin, let it sloth off naturally to avoid any scarring, discoloration, infection or adverse reaction.
* You are not a candidate if you are pregnant, breast feeding, or on topical or oral antibiotics.

**What to expect:**

• Swelling, redness and skin peeling: can last 4-6 days in rare cases longer.

- Apply cool compresses if needed and use your essential lipid serum as needed.

- Try to avoid alcohol and excess salt the first 24 hours to reduce swelling.

• Redness: can be covered up with makeup the day after treatment if desired, slight redness can remain up to 1 week and longer in rare cases.

• Dry Skin: the skin will flake excessively and feel dry as a normal result of this procedure. This should resolve within 1 week and longer in rare cases.

If dryness persists you may also apply aquaphor if you are not prone to breakouts.

• Excessive scabbing, pain or pustules should be reported to the office right away.

**Healing times may vary patient to patient. Please call the office with any concerns post treatment and we will be happy to assist you. We can be reached at (562)997-1144**