

KNOTT STREET

DERMATOLOGY

POST PEEL INSTRUCTIONS

In order to achieve the best results from your peel treatment, we ask that you read and understand the following instructions. Your provider will review the instructions for your aftercare.

- ◆ Results will be influenced by the type of peel you've received and your individual skin's response.
- ◆ Avoid direct sun exposure for 5-10 days.
- ◆ A broad spectrum, minimum SPF 30 sunscreen is mandatory and must be reapplied every 2 hours when outdoors during daylight hours.
- ◆ Avoid facial waxing/hair removal for 14 days.
- ◆ Avoid facial treatments for 14 days.
- ◆ Avoid exercise or getting overheated for 24 hours.
- ◆ DO NOT PICK AT SKIN.
- ◆ Do not use exfoliating products for 5 days, i.e. alpha hydroxy acids, vitamin A products/retinols/Retin-A, enzyme scrubs.
- ◆ Increase water intake to include at least eight 8-oz glasses per day.
- ◆ Do not use wash cloths or any other materials on the treated skin. Apply cleansers directly on clean hands for application.

Additional Instructions:

Please contact the office with any further questions

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