



Peel After Care Instructions

After receiving your chemical peel, you may experience some light flaking in a few localized areas for up to five days and slight redness for one to twelve hours. Although you may or may not actually “peel” during the first one or two treatments, you will probably experience slight exfoliation and your skin will feel tight and pulled. Patients should always follow the Home Care Regimen sheet provided by their technician.

For Day 1 and Day 2 following peel:

- Do not apply ice or water to the treated areas.
- Do not put the face directly into a hot shower spray. Do not use Jacuzzis, steam rooms or saunas.
- Do not go swimming or participate in activities that would cause excessive perspiration.
- Do not use Buff-Puff’s, wash cloths or other means of exfoliation
- Do not direct a hair dryer onto the treated area
- Avoid excessive heat for at least 3 days -- getting heated internally can cause hyperpigmentation.

To maximize the benefits to your skin:

- Do not pick at or pull on any loosening or exfoliating skin. This could potentially cause hyperpigmentation.
- Home use of Living Cell Clarifier® is recommended twice a day to assist in lightening pigmentation areas.

- Use a broad spectrum sun block with a minimum SPF of 30 every day.
- Avoid direct sun exposure for at least 7-10 days following treatment.
- Do NOT go to a tanning booth for at least 3 weeks before or after a treatment.
- Avoid the use of the following for the next 7 days:

Retinol	Benzoyl Peroxide (BPO)	Adapalene (Differin®)	Glycolic Acid
Hydroquinone	Azelaic Acid (Azelex®, Finacea®)	Salicylic Acid	Citric Acid
Tretinoin	Topical Antibiotics/ Steroids	Resorcinol	

- Do not have waxing, depilatories, threading, electrolysis, cosmetic injections, Botox in the treated area for at least 7 days.
- Wait at least 14 days before having another procedure on the treated area.

Please contact us if you have any concerns or questions:

Meka Body and Skincare

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