

Pre & Post Safety Guidelines for Chemical Peel Patients

| CONTRAINDICATION | RECOMMENDATION |
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| Allergy to any constituent of the peel being performed (milk, sugar, apples, citrus, grapes, aloe vera, aspirin, perfumes, hydroquinone or mushrooms) | Choose an alternative peel solution to which the patient is not allergic to any constituents |
| Open wounds, cuts, abrasions, piercings, tattoos | No chemical peels should be performed |
| Recent radiation, chemotherapy, diabetes, active asthma, or a compromised immune system | No chemical peels should be performed |
| Pregnant, actively trying to get pregnant, or lactating | No clinical acids during pregnancy, actively trying to get pregnant or lactation. Home products may be used with attending physician's approval |
| Cystic acne or herpes outbreak | Wait 4-6 weeks after lesion has healed |
| PRODUCTS & MEDICATIONS | RECOMMENDED WAIT TIME BEFORE OR AFTER A CHEMICAL PEEL |
| Products with high levels of unbuffered AHA's (e.g. glycolic acid), salicylic acid, Vitamin A, hydroquinone and retinol | 1 week before and after |
| Excessively drying or irritating products | 1 week before and after |
| Oral retinoids | 12 months post-oral retinoid therapy and only with physician approval |
| TREATMENTS | RECOMMENDED WAIT TIME BEFORE OR AFTER A CHEMICAL PEEL |
| Electrolysis | 1 week before and after |
| Hair Chemicals | 1 week before and after |
| Waxing, depilatories or threading | 1 week before and after |
| Botox or fillers | 1 week before and after Botox or Fillers |
| CHEMICAL PEELS | RECOMMENDED WAIT TIME BEFORE OR AFTER A CHEMICAL PEEL |
| Very superficial chemical peels | 2 weeks |
| Superficial chemical peels | 2 weeks |
| Medium chemical peels | At least 4 weeks |
| Deep chemical peels | Not performed by the Aesthetician, 6-8 weeks may be too soon for some patients; up to the discretion of the physician |
| SURGERY & PROCEDURES | RECOMMENDED WAIT TIME BEFORE OR AFTER A CHEMICAL PEEL |
| IPL (Intense Pulsed Light) | 2-4 weeks post-procedure |
| Non-Ablative Lasers | 3-6 months post-procedure |
| Ablative Lasers | 3-6 months post-procedure |
| Cosmetic Facial Surgery | 3-6 months post-procedure |
| ACTIVITIES | RECOMMENDED WAIT TIME BEFORE OR AFTER A CHEMICAL PEEL |
| Sun exposure | Refrain from sun exposure 2 weeks prior to chemical peel and 2 weeks after a chemical peel |
| Swimming, hot tubs, steam rooms, saunas or putting treated areas directly into a hot shower spray | 2 days after |
| Participating in activities that would cause excessive perspiration | 2 days after; perspiration will cause treated areas to itch, heating internally can cause hyperpigmentation |
| Loofahs or other means of mechanical exfoliation | 2 days after |

Laser and Cosmetic Center

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