



Medical-Strength Chemical Peels: Post Care

Southeastern Esthetics Institute

Do Not: Pick, Pull, or Scratch

As your skin begins to peel, it is tempting to pick or pull on any loose or peeling skin. Resist! Touching, picking, or pulling on the peeling skin interrupts your skin's natural healing cycle. What's more, you are likely to interfere with the results, increase your chance of infection, and may even cause permanent hyperpigmentation.

Please schedule a Dermaplaning Facial one to two week post peel, in order to remove the dead skin cells that proliferate during the next 7-10 days.

Do: Be Gentle

Remember, your skin will be vulnerable and in a very delicate state after your chemical peel. Treat your skin with care and be careful not to be too harsh on your already fragile skin. Do not exfoliate or use a skin-cleansing device. It is also advised that you avoid certain skincare products that may cause further irritation, such as retinols and alpha hydroxy acids. Continue to be nice to your skin as it regenerates. Once the peeling has stopped, the newly revealed fresh skin cells are just as delicate and sensitive.

Do: Hydrate in Moderation

As the chemicals start to work, it is only natural that your skin may feel tight, dry, and itchy. This makes it tempting to over hydrate. Don't! Remember, the whole point of a chemical peel is to let the dull, damaged, and dead skin cells flake and peel away. In order to get the full benefits of a chemical peel, you need to let this process happen in its own time. Instead of over-hydrating, continue to moisturize as you normally would.

Do: Protect Your Skin

Your skin is much more susceptible to sun damage following a chemical peel. If and when possible, do your best to stay out of the sun entirely—especially for the first one to two weeks following your peel. Make sure to apply sun protection in the form of a broad spectrum sunscreen every morning and reapply throughout the day as needed. If your skin is left unprotected, there is a higher chance that it will develop blotchy patches and irregular coloring.

We are happy to answer any other questions you may have about recovering and taking care of your skin after your chemical peel. Please email Instructor Courtney Sykes directly at info@seestheticsinstitute.com if you have any questions or concerns.