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Post Care Instructions: Chemical Peel

To maximize the benefits and minimize the risk of complications associated with your procedure please read and follow these post-care instructions.

Following your treatment you may experience some redness, swelling, and peeling which may last anywhere from several days to several weeks.

For The First 48 Hours Following Treatment:

- Keep the area clean by washing twice daily with a mild cleanser such as Hamilton Dermascience Sensitive Skin Cleanser or CeraVe Foaming Facial Cleanser.
- 48 hours after treatment, begin using a mild moisturizer such as Hamilton Dermascience Moisture Boost or CeraVe PM Facial Moisturizing Lotion.
- Avoid direct sunlight for several days following your peel treatment and continue to the use of the sunscreen listed above. Reapply every 1-2 hours when outdoors.
- If crusting or peeling occurs, avoid picking, scratching or rubbing the area. Avoid aggressive cleansing until the area is completely healed. Use extra moisturizer. Picking will cause damage.

For The First 72 Hours Following Treatment:

- Avoid retinoids or prescription topicals for 72 hours.
- Avoid all direct sunlight for 48 hours.
- Apply extra moisturizer to the skin as needed.
- After applying Aquanil HC, apply sunscreen containing a minimum of 7% zinc oxide. Our office recommends using Hamilton Dermascience Intensive Zinc or Ultra Zinc. Reapply often.
- Use ice compresses as needed for swelling or heat. To prevent a cold injury to the skin, do not leave an ice compress in any one area for an extended period of time.
- Your skin may be red, tight or irritated for several days following the peel.
- Ibuprofen may be taken to alleviate discomfort and help to minimize swelling.
- Drink plenty of water to minimize swelling.
- Avoid exercising after you receive the peel. You may resume your workout schedule after 24 hours.

If you have concerns about healing after three days, or if the area becomes extra tender, continues to weep, you develop small, diffuse, white papules, or the drainage becomes thickened and/or yellowish please notify the office by calling 770.360.8881 or by text to 678-673-3840.

For questions or concerns regarding your procedure, please contact our Esthetician:

Allene Bagwell: 678.689.6008 / abagwell@hamiltonderm.com / text 678-673-3840

For after hour emergencies regarding your procedure, please contact one of our providers on their personal lines:

Tiffani K. Hamilton, MD - 678-689-6001 / drhamilton@hamiltonderm.com / text 678-673-3840

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