

RITUAL

BY TRACY HOLZMAN NP-C

CHEMICAL PEEL PRE & POST-CARE

PRE-TREATMENT

- **7 days before:** Avoid waxing, laser, dermaplaning, microneedling, exfoliating facials, and other aggressive procedures on the area. Avoid excess sun and self-tanner on the area.
- **2–3 days before (or as directed):** Stop retinoids/retinol, hydroquinone, benzoyl peroxide, and topical acne meds. Avoid exfoliating acids (AHA/BHA/PHA), scrubs, and at-home peels. Use only a gentle cleanser + simple moisturizer.

Day of: Arrive with clean skin if possible (no heavy makeup). If you have a history of cold sores, tell us before your peel to discuss prevention.

WHAT TO EXPECT

- Redness, dryness, and flaking are normal; peeling often starts 2–4 days after and lasts about 3 days (varies by peel).
- Mild tightness/itching/sensitivity can occur.
- Results continue to improve over several days to 2 weeks.

POST-TREATMENT

- **Provider-directed products:** Use only the products recommended by your provider. Follow the instructions given at your visit and avoid introducing new skincare until you're cleared.
- **Cleanse (AM + PM):** Wash hands. Cleanse with a mild, soap-free cleanser (ex: Cetaphil/CeraVe) using fingertips and lukewarm water. Rinse and pat dry. No scrubbing, washcloths, or cleansing brushes.
- **Moisturize:** Apply Cetaphil or CeraVe twice daily or as needed. Cool compresses may be used briefly for comfort.
- **Sun protection (critical):** Use broad-spectrum SPF 50+ daily and reapply every 2 hours when outdoors. Avoid direct sun as much as possible, especially 10 AM–3 PM. No tanning beds.

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Makeup: Makeup after 24 hours if skin feels calm; mineral makeup preferred.

AVOID

Until peeling/irritation fully resolves (usually 5–7+ days)

- **Do not pick or peel** skin.
- Avoid **retinoids/retinol, benzoyl peroxide, hydroquinone, topical acne meds** (unless directed).
- Avoid exfoliating acids, scrubs, at-home peels, and “active” masks.
- Avoid **saunas/steam rooms/hot tubs/very hot showers**.
- Avoid **exercise/heavy sweating for 24 hours** (longer if very red/irritated).
- Avoid **pools/ocean** until skin feels calm and intact.

Other treatments

- No waxing/facials for **at least 1 week** (longer if directed).
- No laser or aggressive procedures until cleared by your provider.

Restarting actives

- Many clients can restart retinoids/acne products **after 7 days** *only if skin is no longer irritated and you're cleared*. If burning/stinging occurs, stop and call us.

WHEN TO CONTACT US

Call the office if you have **worsening redness/warmth/swelling/pain after Day 2–3, blistering, open sores, oozing/crusting, fever/chills, pus**, or anything concerning.

Emergency warning: If you have symptoms of a severe allergic reaction (anaphylaxis)—trouble breathing, swelling of lips/tongue/throat, widespread hives, dizziness/fainting, chest tightness—**call 911 or go to the nearest emergency room immediately.**