

NYPRO SPA | | Chemical Peel Guidelines

One week before your peel:

1. Discontinue any topical prescriptions and/or products that contain Retinol or Vitamin-A.
2. Avoid the following: waxing, electrolysis, depilatory creams, and/or laser hair removal treatments.
3. Avoid sun exposure, both indoors and outdoors.
4. Do not receive Botox and/or dermal fillers.
5. Avoid additional chemical peel treatments a week prior elsewhere, especially without notifying your esthetician.

The day of your peel:

1. Discontinue all use of the following: alpha-hydroxy acid (AHA), beta-hydroxy acid (BHA), and/or benzoyl peroxide.
2. Discontinue the use of exfoliating products which are likely to result in irritation and/or excessive dryness when combined with your chemical peel treatment.
3. Do not shave your face.

Immediately post-peel:

1. Do not use any skin care products which have not been approved by your licensed esthetician.
2. Please follow all verbal-directions post-treatment for the success of your peel and for your skin's well-being.

It is critical to the health of your skin and the success of your peel that the following guidelines are followed for the next 5-7 days post-peel:

1. Avoid activities which are likely to result in excessive perspiration or overheating so as to avoid inflammation of the skin, as well as acne breakouts. Examples of such activities are: hot tub bathing, sauna use, hot yoga, intense exercise, etc.
2. Always use warm, not steaming hot water to clean your face. Also, do not scrub or exfoliate. Avoid chlorine exposure (i.e., swimming in a pool).

3. You may or may not experience some visual flaking or shedding of the skin approximately 2-4 days post-peel. The amount of visual flaking is not indicative of your end results. If heavier shedding is present, do not under any circumstances, pick or manually peel the skin.
4. You **must** take precautions to avoid sun exposure in order to protect your skin, as well as to get the full benefit of the peel. Chemical peels increase your skin's sensitivity to the sun and the possibility of sunburn. Exposure to UV rays can cause the following: hyperpigmentation, freckling, and sun damage. It is my informed recommendation that you remain indoors as much as possible and use **Prevention +: Ultimate Protection Moisturizer SPF 50** daily for the protection of your skin.
5. Do not use the following: glycolic, retinol, and/or Retinol-A for 5-7 days or until your skin appears back-to-normal. It is for this reason you are supplied the post-treatment kit which ensures proper at home care post-peel. You can resume your usual home skin care routine after this 5-7 day precautionary window. Your skin may need longer or less time to heal, as everyone's skin is different and heals at their own rate.
6. Do not shave your face for at least 48 hours after the peel.

10 days post-peel:

1. To avoid injury to the skin, do not: peel, pick, or scrape the skin. Do not have an electrolysis or laser treatment. Do not use tanning beds, or sunbathe. Avoid hair treatments in which there is heavy use of chemicals. Do not wax your face, thread, or use any depilatory products. Do not receive esthetic injections, like dermal fillers or Botox.
2. Also, do not have another chemical peel treatment until your esthetician advises you to do so in the interest of your skin's health.