



## **CHEMICAL PEEL AFTERCARE**

- Cleanse face with mild cleanser (Cerave Foaming Cleanser at HEB, Walgreens, CVS)
- Use moisturizer daily and often to keep face hydrated, not tight or dry (Cerave PM or Aquaphor)
- Don't use any scrubs, washcloths or harsh cleansers on skin for 1 week
- Avoid any retinols or glycolic acids, AHA's, Vitamin C etc. for 1 week
- Don't pick or peel skin
- Use sunscreen with and SPF 30 or above daily and wear a hat if going outdoors

Please call the office immediately if you feel you're experiencing any adverse reactions.  
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