

ALI'I NANI AESTHETIC MEDICINE

www.AliiNani.com

808.674.4300

CHEMICAL PEEL PRE-TREATMENT & POST-TREATMENT INSTRUCTIONS

Pre-Treatment:

1. Schedule your chemical peel appointment at least 2 weeks prior to a special event you are planning to attend. Depending on how your skin will react, peeling starts 48-72 hours after the treatment and can last anywhere between 2 to 5 days.
2. Avoid using retinol, glycolic acid, salicylic acid, benzoyl peroxide, hydroquinone or any topical medications at least 3 day before your treatment.
3. Do not use exfoliants or refrain from waxing or getting any light-based or laser procedures one week before your treatment.
4. Use sunscreen with at least SPF 30 daily.
5. Although isolated, reactivation of cold sore/ fever blister may happen. If you have history of cold sores or fever blister, advise Dr. Reed so you can be prescribed with prophylactic antiviral medication which you should take the day before or on the day of your procedure.
6. If you are a new patient, come to your appointment 15 minutes prior to allow time for filling out intake and consent forms.

Post-Treatment:

1. Depending on how your skin will react, peeling starts 48-72 hours after the treatment. During this time, your face may feel tight and look red and in certain occasions, yellow to orange due to the peel applied. This tinge will resolve in a few hours, it is advised not to wash your face for about six hours so as not to affect the efficacy of the peel.
2. Depending on how your skin will react, peeling may last may last anywhere between 2 to 5 days. Do not attempt to remove, peel, pick or scratch the treated skin to prevent scarring.
3. Use a gentle facial cleanser and apply lightweight moisturizer daily (eltaMD available for sale, ask the front desk).
4. You can wear makeup 24 hours after the peel.
5. Wait for 3 days before restarting retinol or any other topical medications.
6. Always use sunscreen with at least SPF 30. Reapply every 2 or 3 hours especially if you are staying out longer.
7. Refrain from getting any kind of facial treatment or procedure at least one week after your chemical peel.
8. Although isolated but in case you develop cold sore, return to our clinic so Dr. Reed can prescribe you with medication.

If you have any questions, call our clinic at (808) 674-4300. Outside clinic hours, email aliinani@aliinani.com. For extremely urgent matters outside clinic hours, call Dr. Reed's hotline (201) 472-3635