



Chemical Peel Pre + Post Treatment Instructions

PRE-TREATMENT INSTRUCTIONS

To ensure the safest treatment and best possible results, please follow these recommendations:

AVOID FOR 5-7 DAYS BEFORE TREATMENT

- Retinoids, retinol, tretinoin, and prescription Vitamin A products
- Exfoliating acids (AHA, BHA, glycolic acid, salicylic acid)
- Scrubs, brushes, and abrasive cleansing devices
- Waxing, threading, sugaring, or depilatory creams in the treatment area
- Excessive sun exposure and tanning

ADDITIONAL RECOMMENDATIONS

- Arrive with clean skin free of makeup whenever possible.
- Inform your provider of any recent skin treatments, medications, cold sores, or skin infections.
- Avoid excessive sun exposure prior to treatment.

POST-TREATMENT INSTRUCTIONS

IMMEDIATE AFTERCARE

- Mild redness, tightness, dryness, and sensitivity are normal following treatment.
- Peeling may begin within several days depending on the type and strength of peel performed.
- Do not pick, peel, scrub, or pull flaking skin.

FOR THE FIRST 5-7 DAYS

- Use only gentle cleansers and moisturizers recommended by your provider.
- Avoid retinoids, exfoliants, acids, scrubs, and active skincare ingredients.
- Avoid waxing, laser treatments, microneedling, and other aggressive skin procedures.
- Avoid excessive heat exposure, including saunas, steam rooms, and hot tubs.

SUN PROTECTION

- Daily SPF 30 or higher is mandatory.
- Avoid direct sun exposure whenever possible.
- Wear a hat and protective clothing when outdoors.

WHAT TO EXPECT

- Mild redness and dryness are common.
- Peeling may range from minimal flaking to more noticeable shedding depending on the peel performed.
- Skin may appear brighter, smoother, and more refreshed as healing progresses.
- Improvements in tone, texture, pigmentation, and overall skin quality continue over the following weeks.

FOLLOW-UP

- Follow your provider's skincare recommendations carefully.
- A series of treatments may be recommended depending on your skin concerns and treatment goals.

Please contact D'Vine Medical Spa if you experience excessive swelling, blistering, signs of infection, or have any concerns following treatment.

D'Vine Medical Spa
(203) 528-4718