



Debra Tanner Abell, MD
Dermatology & Cosmetic Skin Care

Chemical Peel

Post-Procedure Instructions

1. After treatment, your skin may feel sensitive, tight, dry, and may appear pink, red or slightly swollen.
2. Discomfort is rare, but if it occurs it may be reduced using Tylenol (acetaminophen) and you may also use cold compresses.
3. Your skin may peel to varying degrees (mild, moderate, severe) depending on the treatment received and the condition of the skin prior to treatment. Peeling may last up to 2 weeks.
4. Apply post procedure topical products such as Avene post procedure, Aquaphor, or Vaseline as instructed. Moisturizers may be used several times a day to hydrate the skin. Apply an SPF 30 or higher daily and avoid direct sun exposure.
5. Avoid strenuous exercise, hot tubs, steam rooms, saunas, or excessively hot showers for the first few days after treatment.
6. Avoid picking, scrubbing, or exfoliating the skin. This may result in irritation, scarring, and skin pigmentation changes.
7. Avoid facial waxes, electrolysis, and the use of depilatories for 2 weeks after treatment.
8. You may resume alpha hydroxyl and retinoic acids 1-2 weeks after treatment or as instructed.
9. Any questions or concerns, contact the office at 724-935-9133.