

Chemical Peel- Glow Series Pre and Post Treatment Instructions

Two weeks prior to treatment:

- If you have a history of cold sores, let your provider know. Your provider may suggest an anti-viral medication prior to treatment.
- Avoid the following types of hair removal from the area you plan on having treated:
 - electrolysis
 - waxing
 - depilatory creams
 - laser hair removal
- Wait at least 2 weeks from other cosmetic treatments. This includes neurotoxins (Botox, Dysport), fillers (Juvederm, Restylane, Sculptra), lasers, Scarlet, Ultherapy, Microneedling, etc. Any skin sensitivity should be resolved before receiving additional skin treatments in the same area.
- Avoid excessive sun exposure, tanning booths and any type of self-tanners.

Three days prior to treatment:

- Discontinue the use of Retin-A, Renova, Differin and Tazorac.
- Discontinue use of any products containing retinol, alpha-hydroxy acid (AHA), beta-hydroxy acid (BHA) or benzoyl peroxide.
- Discontinue any exfoliating products that may be drying or irritating.

Immediately after the peel:

- Your skin may be tight and more red than usual.
- Skin may feel tacky and have a yellow to orange tinge. This is temporary and will fade once the peel is washed off.
- Do not wash your face the evening after your peel unless directed by your provider.
- Avoid strenuous exercise the day of the procedure and while your skin is peeling.

24 hours after the peel and until peeling is complete:

- Your skin may continue to feel tight up until it begins to peel.
- Intense flaking or peeling can occur.
- Appearance of dark patches on the skin may occur. Dark patches will disappear through natural exfoliation up to 7 days post peel.
- **DO NOT PICK OR PULL THE SKIN!** Allow skin to peel at its own pace. Premature peeling of the skin will result in dry, cracked, raw skin that may develop into post-inflammatory hyperpigmentation (dark spots).

Day 1, post-peel:

- For dry skin, apply a fingerprint size amount of WiQo Moisturizing Face Cream at bedtime. Massage into the skin until absorbed.

Day 2-6, post-peel:

- AM: Apply WiQo Moisturizing Face Cream with an SPF of 40 or above.
- PM: Apply WiQo Smoothing Fluid. For dryness: Wait 30 minutes after applying WiQo Smoothing Fluids, then apply WiQo Moisturizing Face Cream.

On Day 7, post-peel:

- You may resume your regular skincare regimen.

Please call our office if you have any questions or concerns.