



Glycolic Acid Peel Pre & Post Care Instructions

Overview:

A superficial peel treatment has been recommended to help improve the quality of your skin. The superficially acting glycolic acid helps to smooth the appearance of rough and uneven skin. It also softens the texture of skin damaged by the sun and other environmental factors. Glycolic acid works to accelerate the skin's natural exfoliation process to improve skin texture and tone; it can also reduce blackheads, whiteheads, and plugged pores. The superficial peel treatment should be used in conjunction with your home skin care program to help advance and improve the results. If part of an acne treatment plan, this application can be combined with the mechanical extraction of closed or plugged pores.

Before Treatment:

- 3 DAYS BEFORE treatment: AVOID topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, Salicylic Acid, or other “anti-aging”, “acne”, and “bleaching” products. Also AVOID waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.
- Cleanse skin with a mild cleanser (i.e., Avene® Tolerance Extremely Gentle Cleanser or CeraVe® Hydrating Facial Cleanser).
- Avoid excessive sun exposure.
- Wear a broad-spectrum sunscreen daily of SPF 30 or higher (i.e., EltaMD® UV Daily SPF 40).
- Inform your provider if you have a history of recurring facial or oral herpes (cold sores / fever blisters) to receive advice on antiviral therapy prior to treatment.
- Do not have this peel if you are allergic to any of the ingredients.
- Inform your provider if you are pregnant or breastfeeding.

Day of Treatment:

- Try to arrive to the office with a “clean face”. Please **do not wear makeup**, if possible.

Immediately After Treatment:

- After your acne treatment, it is normal for skin to appear red and inflamed. Light scabs may form in the treated area and remain for 24 to 48 hours.
- Avoid excessive sun exposure and wear a broad-spectrum sunscreen daily of SPF 30 or higher.
- Avoid using any facial brushes or devices for a minimum 7 days.
- Discontinue use of Glycolic Acid, Alpha Hydroxy Acid, Salicylic Acid, Vitamin C, scrubs, Tretinoin (Retin-A), Retinol creams, bleaching creams, etc. for 7 days.
- Avoid waxing, bleaching, tweezing, lasers, and other skin treatments until your skin has fully healed.
- Use a gentle moisturizer as needed (i.e., Avene® Hydrance Rich Hydrating Cream or Avene® Ciclafate+ Restorative Protective Cream).
- Cleanse skin with a mild cleanser (i.e., Avene® Tolerance Extremely Gentle Cleanser or CeraVe® Hydrating Facial Cleanser).
- Do not use heavy makeup for the first day or until your skin has healed.
- Wait a minimum of 3 to 4 weeks (or as directed by your provider) before receiving any additional skin care or laser treatments.

Treatments are normally scheduled 3 to 4 weeks apart and in some cases, 8 to 12 weeks apart. You may not notice a significant difference until after the second or third treatment. Remember to continue your skin care program at home to obtain and maintain the best results.

Please contact us at 520.795.7729 if you have any questions or concerns.