



Glycolic, Mandelic, and Salicylic Acid Peel Pre & Post Care Instructions

Overview:

A Chemical / Skin Freshening Peel is a treatment involving the application of a solution to improve the appearance of sun damaged, prematurely aged skin, fine lines and wrinkles, acne, and/or rosacea. Pima Dermatology offers the following peel types:

- **Glycolic Peel:** Diminishes blemishes and visible signs of aging and discolored skin. Helps reduce mild to moderate hyperpigmentation and appearance of blemishes. Improves radiance, tone, texture and smoothness.
- **Mandelic Peel:** Gentle; reduces redness, pore size, and blemishes. It also minimizes signs of photoaging, hyperpigmentation, and occasional breakouts, enhancing tone, texture, and smoothness.
- **Salicylic Peel:** Targets excess sebum and appearance of acne. It helps to clarify skin while improving tone and texture.

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 (e.g., 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 (e.g., 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.
- **Inform your provider if you are pregnant or breastfeeding.**
 - Do not have Salicylic Peel if you are pregnant or breastfeeding.
- **Inform your provider if you are allergic to any peel ingredients, have used Accutane/Isotretinoin in the past year, or have recently used topical medications or antibiotics.** Please inform your provider if you have any questions about this prior to the treatment.

Day of Treatment:

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

Immediately After Treatment:

- **IMPORTANT: Avoid any contact with water to the treated area for at least 12 hours.** This includes washing the face, swimming, using hot tubs, steam rooms, or saunas.
 - **Water can reactivate the peel solution** and potentially cause increased irritation and sensitivity. Keeping the area dry helps ensure the peel works safely and effectively.
- Avoid exercise or any activity that causes perspiration (with the exception of light walking) for the first 24 hours following treatment.
- You may apply *your post procedure* skin care products as often as needed during your healing time.
- Avoid excessive sun exposure and/or heat lamps and wear a broad-spectrum sunscreen daily of SPF 30 or higher.

Please see reverse side of page.

- Glycolic or Salicylic Peel: After your peel, 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.
- Mandelic Peel: Some redness and tightness of the skin is possible for 2 to 3 days. Your skin can be sensitive for up to 5 days post procedure.

The Next Day After Treatment:

- Wash face with a gentle cleanser, using your hands only. Gently pat dry skin.
- Avoid glycolic and salicylic acids, Vitamin C, scrubs, topical acne products, Tretinoin (Retin-A), and Retinol creams for 3 – 10 days, as directed by your provider.
- Avoid using any facial brushes or devices for a minimum of 10 days.
- Do not use heavy makeup for the first day or until your skin has healed.
- Apply a sunscreen with an SPF of 40 or higher and a barrier cream (i.e. Avene® moisturizers) as recommended by your provider to protect, soothe and hydrate the skin. Apply as often as needed for comfort.
- Up to one week, mild to moderate flaking will occur.
- Do not pick or pull on the skin.
- Wait a minimum of 3 to 4 weeks (or as directed by your provider) before receiving any additional skin care or laser treatments.
- If there is no peeling or flaking post peel, this does not mean your peel did not work. There can be many factors which contribute to whether the skin will peel excessively or not.
- If reactions feel **excessive** (fever, pus, crusting, swelling, skin that is abnormally hot to the touch), contact our office immediately.

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.