

### **PRE-CHEMICAL PEEL INSTRUCTIONS**

1. Avoid use of retinol, tretinoin (i.e. Retin-A), waxing, electrolysis, masks, loofah or any products that may be drying or irritating such as salicylic acid or alpha hydroxy acid 48 hours prior to MD Forte peel.
2. Contact lenses should not be worn during a chemical peel. Please make sure they are removed prior to your appointment.
3. Do not shave face within a few hours prior to peel.
4. Those who have completed a course of Accutane within one year are not candidates for a chemical peel.
5. Resolution of open lesions, active cold sores, acute facial dermatitis or facial irritation should be achieved prior to receiving a chemical peel.
6. Do not use self-tanning agents for at least 48 hours prior to each treatment.
7. Not recommended on tanned or sunburned skin.

### **POST-CHEMICAL PEEL INSTRUCTIONS**

1. Generally, make-up can be applied immediately after treatment.
2. Apply a mild moisturizer twice daily or as often as needed.
3. Facial hair should not be waxed for at least 48 hours after treatment.
4. If you will be outdoors, apply a broad spectrum sunscreen (zinc oxide, titanium dioxide or parsol 1789) with at least SPF30. Avoid prolonged sun exposure between 10AM and 4PM when the sun's rays are strongest.
5. When washing your face, do not scrub and use a gentle, soap-less cleanser.
6. Resist any urge to peel, pick or scratch the treated skin. Scarring could result.
7. Do not have any other facial treatments for at least one week after the treatment.
8. Avoid exercise for at least a few hours after procedure.
9. Wait 24-48 hours before using glycolic acid, Retin-A, Alpha Hydroxy, salicylic acid, topical Vitamin-C, or other topical acne medications.