



GREENWICH POINT DERMATOLOGY

CHEMICAL PEELS

PRE-TREATMENT INSTRUCTIONS

- Avoid chemical peels if pregnant or breastfeeding.
- Stop any retinoids 2 weeks prior to your peel unless otherwise advised by Dr. Dolder.
- Avoid applying makeup the day of treatment.
- If you have a history of cold sores, please let Dr. Dolder know.
- Caution is advised to persons with a history of herpes simplex in the treatment area. Those who carry the herpes simplex virus and receive laser treatment on their upper lip, chin, or lower cheeks may have a “flare-up” of their condition. The risk of this complication can be reduced if you take a prescribed antiviral medication in the office on the day of your treatment, which Dr. Dolder will provide to you. If you have an active herpes outbreak, your appointment will have to be rescheduled.

POST-TREATMENT INSTRUCTIONS

- Apply post-treatment healing ointment or cream such as Alastin Skin Nectar treated area 3-4 times per day and in the evening. It is important that you keep the treated areas moist, so healing occurs.
- It is normal for your skin to be moderately swollen and slightly tender. Redness and swelling may last several days up to 2 weeks depending on your skin response and treatment.
- In the days after the peel, skin may feel tight, with parchment-paper like changes or darkening.
- Gently mist your face with cool water or soak your face gently and lightly with a clean white washcloth to treated areas as needed. Do not rub or wipe cloth over affected areas. Re-apply healing ointment or cream after each soak to keep the area moist.
- 1-2 days later, you may begin washing once a day with a gentle cleanser.
- Liberally apply a nourishing moisturizer after cleansing and throughout the day as needed to prevent dryness.
 - Neocutis BioCream
- Do not rub the skin vigorously and do not pick at the flaking skin, to avoid scarring.
- Wear a broad-spectrum sunscreen with a minimum of SPF 30 daily.
 - Neocutis Journee
 - Elta MD
- Avoid laser treatments, waxing, the use of depilatories, or microdermabrasion for 3 weeks.
- Wait one week before resuming the use of a topical retinoid or any other exfoliating agents.
- Avoid swimming, sauna, or whirlpool use for at least a week after the peel.

If you have any questions or concerns, please call our office at 203.764.2230.