



Chemical Peel – After Care Instructions

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Why After Care Is Important

Proper after-care following a chemical peel is essential to promote healing, prevent complications, and achieve the best skin results.

First 24–48 Hours – Important Instructions

- Mild redness, tightness, or burning sensation is normal.
- Do not touch, scratch, or peel the skin manually.
- Avoid makeup for at least 24 hours unless advised.
- Keep the skin clean and well moisturized.
- Avoid direct sunlight exposure.

Skin Care Instructions

- Use only gentle cleanser and doctor-prescribed skincare products.
- Apply moisturizer regularly to reduce dryness and peeling.
- Always apply sunscreen (SPF 40 or higher) when outdoors.
- Use lukewarm water; avoid hot water on the face.

What to Avoid for 5–7 Days

- Avoid scrubs, exfoliants, retinol, acids, or bleaching products.
- Avoid sauna, steam, swimming, and intense workouts.
- Avoid waxing, threading, or facial treatments.
- Avoid alcohol and smoking if possible.

Normal Side Effects

- Redness, dryness, or flaking of skin.
- Mild swelling or sensitivity.
- Peeling may start after 2–3 days and is part of healing.

Follow-Up

Follow your doctor's instructions and attend follow-up sessions if advised for optimal results.

Patient Signature: _____

Date: _____

