DERM & MANE
Medical Aesthetics

Chemical Peel: pre- and post-care

Client: _____ Date: _____
Practitioner: _____ Peel/Product: _____
Treatment Area: _____ Follow-Up: _____

Important

This handout provides general educational guidance. Your practitioner may modify these instructions based on your skin, the peel used, concentration, treatment area, and treatment response. Your individualized practitioner instructions take priority.

Before Your Chemical Peel

- ☐ Follow all individualized preparation instructions provided by your practitioner.
- ☐ Avoid tanning and significant sun exposure. Use broad-spectrum SPF 30+ daily.
- ☐ Avoid picking, scratching, aggressive cleansing, scrubs, or other activities that irritate the skin.
- ☐ Pause retinoids/retinol, AHAs, BHAs, benzoyl peroxide, exfoliants, or other actives only if and for the time directed by your practitioner.
- ☐ Avoid waxing or other hair-removal methods on the treatment area as directed.
- ☐ Tell your practitioner about recent laser/IPL, microneedling, dermaplaning, injectables, facials, or other peels.
- ☐ Do not proceed over sunburned, broken, severely irritated, or actively infected skin unless specifically assessed and cleared.
- ☐ Disclose all prescription medications, over-the-counter medications, supplements, and topical products.
- ☐ Arrive with clean skin unless instructed otherwise.

Tell Your Practitioner Before Treatment If You Have:

- ☐ Pregnancy, breastfeeding, or are trying to conceive.
- ☐ History of cold sores/herpes.
- ☐ Known allergies or previous reactions to skincare/cosmetic products.
- ☐ Prescription retinoids or acne medications.
- ☐ Recent or current isotretinoin (Accutane) use.
- ☐ Recent tanning or significant sun exposure.
- ☐ History of abnormal/raised scarring.
- ☐ Active rash, infection, lesion, or unexplained skin change.

What To Expect After A Peel

Depending on the type and strength of peel, temporary warmth, tingling, redness, tightness, dryness, sensitivity, mild swelling, flaking, or visible peeling may occur. The amount and timing of peeling vary; some peels produce little or no visible peeling.

First 24 Hours

- ☐ Cleanse gently with lukewarm water and a mild cleanser recommended by your practitioner.
- ☐ Apply the bland, fragrance-free moisturizer or post-procedure product recommended by your practitioner.
- ☐ Do not pick, pull, rub, or manually remove peeling skin.
- ☐ Avoid exfoliating acids, retinoids, scrubs, brushes, and other active/irritating products until cleared.
- ☐ Avoid excessive heat, saunas, hot tubs, and very hot showers as directed.
- ☐ Avoid strenuous exercise or excessive sweating if advised.
- ☐ Use makeup only when your practitioner says it is appropriate.

During The Healing Period

- ☐ Use broad-spectrum SPF 30+ every day; SPF 50 may be preferred during increased sensitivity.
- ☐ Minimize direct sun exposure and use protective clothing/hat when practical.
- ☐ Keep your routine simple: gentle cleanser, approved moisturizer, and sunscreen.
- ☐ Do not exfoliate or manually peel/flakes off the skin.

- ☐ Restart retinoids, acids, benzoyl peroxide, vitamin C, or other active products only when your practitioner advises.
- ☐ Attend the recommended follow-up and report concerns promptly.

Contact The Clinic If You Notice

- ☐ Significant or worsening swelling.
- ☐ Increasing or severe pain.
- ☐ Blistering or extensive crusting.
- ☐ Unusual discharge, increasing warmth/redness, or other signs of infection.
- ☐ A rapidly worsening or unexpected skin reaction.

For severe symptoms or an emergency, seek appropriate medical attention.

Client Acknowledgement

I confirm that I have received and reviewed these chemical peel pre- and post-care instructions. I understand that healing and peeling vary by person and treatment. I agree to follow my practitioner's individualized instructions and contact the clinic with concerns.

Client Signature: _____ Date: _____

Practitioner Signature: _____ Date: _____