



# Chemical Peel Aftercare Instructions

## [lillymedspa.com](http://lillymedspa.com) (850) 547-7463

### Post Care

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#### Immediately After Your Peel (Day 0)

- Skin may appear slightly red, tight, or flushed—similar to a mild sunburn. This is normal and typically subsides within a few hours to one day.
- Do not wash your face for at least 6 hours following treatment unless instructed otherwise.
- Avoid touching, rubbing, or applying pressure to the treated area unnecessarily.

#### Days 1–3: Hydration & Protection

- Use a gentle, non-active cleanser and a hydrating moisturizer as directed by your provider.
- Avoid all skincare products that contain:
  - Retinoids
  - Exfoliants
  - AHAs/BHAs
  - Vitamin C
  - Benzoyl Peroxide
- Do not pick, peel, or scratch the skin, even if light flaking occurs.
- Apply a broad-spectrum SPF 30+ sunscreen every morning—even if you're indoors or it's cloudy.
- Avoid heat and sweat:
  - No hot showers
  - No steam rooms
  - No vigorous exercise for 48 hours

#### What to Expect

- Light flaking or dryness may begin around days 2–3—this is a normal part of skin renewal.
- Gradual improvements in skin tone, texture, and brightness may appear within the first week.
- Avoid the following for 5–7 days:
  - Waxing
  - Facial treatments
  - Hair removal on the treated area

#### Contact Us If You Experience:

- Redness or swelling that lasts longer than 72 hours
- Blistering, severe itching, or unusual discomfort
- Signs of infection (such as pus, heat, or fever)

#### Ongoing Care Tips

- Follow a skincare routine that is customized to your skin type and treatment goals.
  - Light chemical peels are most effective when done in a series, typically spaced 2–4 weeks apart depending on your provider's plan.
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