











Chemical Peel Aftercare Information:

General Information

How you care for your skin after a chemical peel can be equally as important as the steps we took during your treatment. Your skin might be red and sensitive post-procedure, and you might have some light pin-point bleeding. Depending on the depth of penetration of your selected peel, peeling may begin the day after your procedure or it could be delayed until days 3, 4, or 5.

The following are post-treatment recommendations to reduce inflammation, bruising, as well as limit the chance of infection and ensure the best result:

-  Always wash your hands thoroughly before touching your face.
-  Avoid hot tubs, saunas, and heavy exercise for 24 hours, and while actively peeling.
-  Avoid touching, rubbing, or applying pressure on the treated area(s).
-  Avoid applying makeup for the duration of your peel, but if you need to apply product we recommend waiting until after the first 24hrs, and using new or well-cleaned brushes and make-up.
-  Avoid alcohol, caffeine, high salt/sugar food, and cigarettes for at least 24-48 hours after your procedure, as these may contribute to increased swelling, bruising, and redness.
-  Avoid direct sunlight for at least 1 week, and do not forget to apply sunscreen daily, and wear hats and sunglasses when outdoors.
-  Stay hydrated and eat as cleanly as possible, focusing on nutrient-rich whole food.
-  Follow the skincare recommendations given to you by your provider at the end of your treatment.

Contact information:

For questions or concerns not requiring an urgent response please email us at

beth@belloramedicalaesthetics.com

For questions or concerns requiring an urgent response please call us at

206.683.4893.

If you are experiencing a medical emergency, please call 911 promptly.