

# LEINE

Acne and Anti Age Clinic

## Linder Health Chemical Peel Post Care

1. **Do not** wash your face for 4-6 hours.
2. **Do not** use physical scrubs or other exfoliating treatments for 5-7 days. Including: Retinoids or tretinoin, acne medication products such as Retin-A®, Tazorac®, Renova®, Atralin®, Ziana®, Differin®, Veltin®, the antibiotic Doxycycline, peel pads, AHAs (glycolic, lactic, tartaric, etc.), BHAs (salicylic), benzoyl peroxide, lightening agents such as hydroquinone.
3. **Avoid** sweaty exercise, excessive heat, steam rooms, saunas, and swimming for 12 hours post treatment. I recommend waiting 48 hours after you first ever peel.
4. **Do not** apply any ice to the skin.
5. Apply SPF (TIZO AM Replenish). Reapply every 2 hours.
6. **Avoid** excessive sun exposure for 7 days. Wear a hat and sunglasses.
7. Apply Gentle Cleanser & Moisturizer 2 - 3 times daily, or as needed, to keep your skin hydrated. (Linder Health Gentle Cleanser & Lustre Nourishing Moisture)
8. **Do not** shave, tweeze, pick, rub, or exfoliative products including loofahs or coarse sponges, facial exfoliants, or scrubs for 5-7 days. Interfering with the skin's natural shedding process can lead to bleeding and scarring. If your skin peels, let it fall off naturally.
9. Wait 2 weeks before receiving another treatment on the peeled area: laser, microneedling, dermabrasion, botox, filler, ect. Always disclose the date of your last peel treatment to confirm your skin is cleared.
10. Call or text Madeleine with any questions. Please send a photo with any questions regarding the skin. :) **945-247-5322**

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