

LEINE

Acne and Anti Age Clinic

Chemical Peel Pre-Treatment Instruction

1. Prep with hydrating and calming products. Linder Health products are highly recommended.
2. Stop all acidic products 7 days before your appointment. Do NOT use any acidic products or irritants to your skin, such as 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. **These medications and products increase your photosensitivity, which can significantly increase the likelihood of complications.**
3. Stop the use of exfoliative products including loofahs or coarse sponges, facial exfoliants, razors, or scrubs to your skin for 1 week prior to your chemical peel.
4. Avoid excessive sun exposure as well as tanning beds and self-tanning to the planned treatment areas for 4 weeks prior to treatment. A tan can produce a burn to the skin and can result in hyperpigmentation (skin darkening) as well as hypopigmentation (skin lightening). We recommend that you discontinue the practice of tanning due to the increased risk of skin cancer and aging. Wear hats and sunglasses.
5. Wear sunscreen (Broad Spectrum SPF 30 or higher daily) every day. TIZO is recommended.
6. Avoid Botulinum Toxin Type A (Botox®[®]) and dermal filler injections on or around the treatment area(s) for 1 week prior to treatment, unless otherwise approved by your healthcare provider.
7. If you have an active cold sore or skin infection the day of your treatment, please call our office to reschedule your appointment.
8. Avoid shaving the treatment area for 48 hours prior to your appointment.

Pro Tip: On the day of your peel, keep it simple. Don't wear any makeup to your appointment. After cleansing that morning, apply moisturizer and SPF.

Call or text Madeleine with any questions. Please send a photo with any questions regarding the skin. :) **945-247-5322**

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