



Allergy & Dermatology

s p e c i a l i s t s

PHOENIX

GLENDALE

SUN CITY

SUN CITY WEST

## Post-Skin Peel Patient Instructions (Superficial Depth)

You have been treated with chemicals that contain mild acids. Typically the skin turns dark the following day and peels without blistering over the next 3 to 5 days. Flaking may persist longer than this.

Sometimes the first peel produces very little reaction. Successive superficial peels may result in more redness and reactivity, but this can usually be adjusted by you and your doctor.

Stop your skin cream treatment regimen. Wash and shampoo normally and apply only sunscreen moisturizer or bland moisturizers if the sunscreen stings. You may return to your regimen after the skin has peeled and is pink - usually by 5 to 7 days. Do not pick at the peeling skin as this can cause scarring. Allow the skin to come off naturally with cream application. You may apply make up over this peel at any time, but coverage of the peeling skin may not be complete

Severe swelling or crusting of an area does not usually occur but may happen if you are sensitive to one of the ingredients. Any swelling that occurs is not permanent and will recede in several days. If you develop a fever blister during the recovery period after your peel you should begin acyclovir (Zovirax) pills immediately as prescribed. Please contact our office if severe swelling, local crusting, or fever blisters develop.

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