

Chemical Peel Aftercare



Wash your face with cool water. Warm or hot water might not feel as good as cool or cold water, which can help soothe post-peel sensations.

Moisturize and hydrate. Since peels can temporarily compromise your skin's protective barrier, it's important to reinforce that barrier with a medium-to-thick moisturizer. Do not use Retinol products during the healing process. Do not over-moisturize, you can prevent the skin from actually peeling.

Also, drink more water to help avoid dehydration, which could make your skin feel tight.

Do not scratch, peel, or pick the skin that is peeling. Allow the skin to shed naturally and apply more moisturizer if needed. Scratching, peeling, or picking at the skin can cause bleeding, infection, breakouts or scarring.

Apply sunscreen with SPF30 or more. Your skin is more delicate after a peel, so avoid direct sun exposure, which can lead to even more visible signs of skin aging.

Avoid strenuous workouts, dry saunas, and steam rooms. Increased blood circulation to the face can intensify warming, tingling, itching, redness, or other uncomfortable side effects on freshly peeled skin. Skip such activities until your skin is healed.

Don't over-exfoliate. Peels are maximum-strength exfoliants, so you don't need to use a separate exfoliant (like a scrub, brush or exfoliating cleanser) within 3-7 days of your peel. Over-exfoliating can lead to more redness or sensitivity, so wait until your skin is completely healed.

Once your skin has completed the peel process, be sure to take care of the new, fresh skin that is exposed. You can go back to your normal skin-care routine. Be sure to use SPF every morning!