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**Post-Peel Instructions**

You may be more sensitive to sun exposure. Take extra precautions by

using a daily moisturizer with SPF 15-30. We recommend limiting sun

exposure for at least one week after your peel.

\*Avoid strenuous exercise for 2 to 3 days: perspiration may irritate the skin.

\*When washing your face, do not scrub. Use a gentle cleanser.

\*Avoid lifting off the skin to peel. You can control the peeling with a good

moisturizer.

\*Do not have any other facial treatment for at least one week after your

peel. You may resume the regular use of retinols, AHA products, Vitamin C

or bleaching creams only after the peeling process is complete, usually 5-7 days.

The skin may feel like a mild windburn for 2 or 3 days after the treatment

prior to peeling. After 48 hours a slight flaking may occur, which can easily

be controlled with moisturizer such as Aquaphor. Many ingredients in foundations are greasy,

fragranced and can be irritating we recommend that, foundations should not

be worn after your peel or during the days when the skin is actually

peeling. Let the skin shed at its own rate to avoid scarring or rashes; avoid

pulling or peeling shedding skin. After one week, the skin should look

clearer and smoother and the use of normal skin care products can resume.

Next Peel should be in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_