



Southern Marin Dermatology Post Peel Care

Following your _____ chemical peel, it is normal for the skin to have a “rosy glow” for the first day. Your skin may have a subtle feeling of tight or dry for the first 2-3 days. Flaking is possible although not expected with this peel. If you experience any of the following, please call the office immediately:

- Redness that lasts for more than 2 days
- Swelling (particularly around the eyes)
- Itching
- Darkening of the skin
- Sensitivity or sunburned feeling
- Skin Infections (pus, oozing, and/or fever)
- Peeling that continues more than 2 days
- Any questions or concerns that may arise

Please follow the instructions below to care for your skin for the next 3-5 days.

Cleanse skin morning and evening with a gentle cleanser. We suggest Purify Gentle Cleanser or Antioxidant Soothing Cleanser.

Hydrate your skin morning and evening. We suggest Super 3 Cream for day and Age Defy for evening. Please avoid all retinols, AHA or BHA products, or any other exfoliating products for the next 5 days.

Apply SPF 50 every morning. It is imperative that you wear an SPF 50 every day even if you are home for the day.