

## Pre-op and Post-op Instructions for Superficial Peels

### Before Treatment

- Avoid the following procedures for one week prior to your peel:  
A. Electrology B. Waxing C. Depilatory Creams
- Stop using Retin-A, Renova, Differin, Tazorac, Epiduo, Epiduo Forte, Ziana Gel, Tretin-x, Atralin, Veltin, SkinCeuticals Retinol, SkinMedica Tri-Retinol, Avene Retrinal or any over the counter retinols for 1 week before treatment.
- Do not exfoliate 4 days before peel.
- Avoid sun exposure. Wear sunscreen with at least SPF 30 at all times outdoors.
- If you have a history of fever blisters or cold sores, ask Dr. Black for preventative medication to take for each peel.

### After Treatment

- Avoid the following procedures for one week after to your peel:  
A. Electrology B. Waxing C. Depilatory Creams
- Avoid sun exposure. Wear sunscreen with at least SPF 30 at all times outdoors.
- Treat skin mildly and moisturize as needed.
- You can restart your skin care regimen 5 days post peel.