

Pre-op and Post-op Instructions for Superficial Peels

Before Treatment

- Avoid the following procedures for one week prior to your peel:
A. Electrolysis B. Waxing C. Depilatory Creams
- Stop using retinoids like tretinoin, Retin-A, Tazorac, Fabior, Renova, Akliel, Altreno, Arazlo, Epiduo and Differin (adapalene) and office-dispensed retinols like SkinCeuticals Retinol, Avene Retrinal, and SkinMedica Tri-Retinol and any over the counter retinols for 5-7 days before treatment. (Confirm exact number of days with Dr. Black, Brooke or Cheryl).
- 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. Electrolysis 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.