



Manhattan Beach Dermatology

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MEDIUM DEPTH PEEL AFTERCARE INSTRUCTIONS:

1. Redness and swelling will occur immediately after treatment and can last from a few hours to a few days depending on your skin's sensitivity. Ice packs wrapped in a wash cloth, cold water compresses, and aloe vera gel can be applied to ease temporary discomfort. Avoid hot water, exercise, and hot showers.
2. Let us know if you have a history of facial cold sores (herpes simplex) and you will be given a prescription for antiviral medication to take prior to your peel.
3. Temporary dark crusting will occur and will resolve in 7 to 10 days. You will notice that the skin may appear pink as the dark crusts fall off. Do not scrub or pick at crusts. Apply Vaseline or Aquaphor ointment multiple times throughout the day. Wash gently with cool water and use only mild cleansers such as Cetaphil or CeraVe.
4. No, picking, rubbing or unnecessary touching of your face. Refrain from removing scabs.
5. Do not apply makeup until the skin has healed. We recommend using NEW makeup to decrease the risk of infection. Apply Elta SPF 30 sunscreen with moisturizer before applying makeup.
6. Sun exposure must be avoided before and after undergoing your series of treatments. If you must be outdoors, wear a broad brimmed hat and reapply waterproof, sweatproof sunscreen (e.g., Elta Sport 50) hourly. Be advised that sun exposure may cause pigmentation to recur.
7. If the skin is raw or a blister appears, apply aquaphor ointment to prevent scabbing and notify our office. Do not pick any scabs that may form.
8. A second peel can be done no sooner than 3 months after the first one.