

Post chemical peel care

Take head bath on the day of procedure before procedure Avoid head bath for a day after the procedure

Avoid haircut, eye brow/ any threading and any parlour treatment one week before and after the peel

Avoid any face wash/ cleanser for a day after peel. Wash you face with plain tap water

Wash your face with a mild face wash as advised by the dermatologist from 2nd day of the peel

Apply moisturizer several times a day for 5-6 days post peel

Apply sunscreen regularly every 3 – 4 hours. Take physical sun protection as well.

Apply all the creams/ medicines as advised by the doctor

Avoid excessive sun exposure for 2 days post peel

Avoid vigorous exercise, excessive sweating 2 days post peel

But you can continue your regular routine of traveling from home to office etc with regular application of sunscreen

If you have any doubts please contact the doctor