



THE ONE

CLINIC OF AESTHETICS

PRE & POST CARE

Chemical Peel



Chemical Peel Aftercare

PRE & POST CARE

1. Wash face everyday with a gentle cleanser.
2. Moisturized skin is key. Apply whenever necessary, 3-5 times a day. However, do not over moisturize.
3. Avoid sun exposure as much as possible. Wear hats and sunglasses if necessary.
4. Always apply sunscreen. Even if it is an overcast day, always wear sunscreen to protect from UV rays. We recommend SPF 30 and up.
5. Do not exfoliate. Avoid using facial scrubs and ingredients such as glycolic acid, lactic acid, retinol/retinoids for at least 2 weeks.
6. Avoid saunas/steam rooms/heavy exercises for 24 hours.
7. Don't pick/pull/scratch skin.
8. Side effects includes:
 - Peeling/flaking
 - Redness&Swelling
 - Tightness
 - Hyper/Hypo Pigmenting

Questions about the Pre & Post Care? Call us at 647-968-4218