



Chemical Peel Aftercare Instructions

Proper aftercare is essential for safe healing and optimal results following your chemical peel.

Immediately After Your Peel

- Redness, tightness, dryness, or mild swelling is normal
- Do not touch, pick, or peel flaking skin
- Use only products recommended by your provider
- Keep skin clean and moisturized

First 5–7 Days

- Do NOT exfoliate, scrub, or use active ingredients
- Avoid retinoids, acids, benzoyl peroxide, or vitamin C
- Avoid heat, sweating, saunas, and steam
- Avoid makeup for at least 24–48 hours (or until skin allows)
- Wash with a gentle cleanser only

Sun Protection (Very Important)

- Avoid direct sun exposure
- Apply broad-spectrum SPF 30+ daily
- Wear hats or protective clothing when outdoors
- Sun exposure can cause hyperpigmentation after a peel

Peeling & Flaking

- Peeling may begin 2–3 days after treatment
- This is normal — allow skin to shed naturally
- Do not pick or pull peeling skin

What to Avoid Until Fully Healed

- Waxing or hair removal treatments
- Facials, chemical treatments, or exfoliating devices
- Tanning beds or spray tans

When to Contact Us

Please contact At Face Value if you experience:

- Severe swelling or blistering
- Signs of infection (oozing, pus, increasing redness)
- Excessive pain or discomfort

Following these instructions is critical to proper healing and results.
Failure to follow aftercare may increase the risk of irritation or pigmentation issues.