



ADVANCED WELLNESS

skin care – massage therapy – foot zone

Chemical Peel Aftercare: What To Know

A chemical peel is a skin-resurfacing procedure in which a chemical solution is applied to the skin to remove the top layer of dead skin cells and reveal younger, healthier-looking skin. Chemical peels are an effective way to treat a variety of skin concerns, including acne, scarring, wrinkles, and sun damage.

If you're considering undergoing a chemical peel, it's important to be aware of the aftercare instructions so that you can ensure optimal results. In this blog post, we'll provide an overview of everything you need to know about taking care of your skin after a chemical peel.

Immediately following your peel, your skin will feel sensitive and may appear red and irritated. You may also experience some peeling or flaking in the days after your treatment. It's important to avoid picking or scratching at your skin during this time as it can cause scarring.

It's also important to avoid exposing your skin to sunlight or any other kind of UV light immediately following a chemical peel. Your skin will be more susceptible to sunburn during this time, so be sure to apply sunscreen with an SPF of 30 or higher when you go outside. You should also wear protective clothing, such as a hat or long-sleeved shirt, to limit your skin's exposure to the sun.

Finally, be sure to keep your skin hydrated by drinking plenty of water and using a gentle moisturizer. Avoid using any harsh cleansers or exfoliators during this time as they can irritate your skin.

Conclusion:

Chemical peels are an effective way to treat a variety of skin concerns but it's important to follow the aftercare instructions carefully to ensure optimal results. By avoiding picking or scratching at your skin, exposing it to sunlight or UV light, and keeping it hydrated, you'll help your skin heal properly and achieve optimal results from your treatment.