

# Chemical Peel Discharge Instructions

**Patient Name:** [Insert Patient Name]

**Date of Procedure:** [Insert Date]

**Provider:** [Insert Provider Name]

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## Immediate Post-Care

Your skin has undergone a chemical exfoliation. It is normal to experience redness, stinging, and a sensation of tightness immediately following the procedure.

- **Do Not Pick:** Do not peel, pick, or scratch the treated skin. Forcing the skin to peel before it is ready can cause scarring and permanent discoloration.
- **Cleansing:** Use a gentle, soap-free cleanser and lukewarm water. Pat dry softly with a clean towel; do not rub.
- **Moisturizing:** Apply the recommended ointment or bland moisturizer frequently to keep the skin hydrated and protected.

## Sun Protection

Your skin is extremely sensitive to UV rays right now.

- Avoid direct sun exposure for at least 7 to 14 days.
- Apply a broad-spectrum SPF 30+ sunscreen daily, even if indoors.
- Wear a wide-brimmed hat if you must be outside.

## What to Avoid

- Avoid makeup for [Insert Number] days or until the skin has stopped peeling.
- Avoid strenuous exercise, saunas, and steam rooms for 48 to 72 hours.
- Do not use retinoids, AHAs/BHAs, or exfoliating scrubs for at least 7 days or until cleared by your provider.

## Expected Healing Timeline

- **Days 1-3:** Redness and tightness. Skin may begin to darken.
- **Days 3-7:** Peeling and flaking typically begin around the mouth and spread outward.
- **Days 7-14:** Skin should be mostly healed, appearing fresh and pink.

## When to Call the Office

Contact us immediately at [Insert Phone Number] if you experience:

- Pus, drainage, or yellow crusting.
- Severe swelling or worsening pain.
- Fever or chills.
- Blisters or cold sore outbreaks.

**Follow-up Appointment:** [Insert Date/Time]

Patient Signature: \_\_\_\_\_

Date: \_\_\_\_\_