

FIRST 24 HOURS

The skin is red, similar to a sunburn
Swelling may occur depending on the aggressiveness of treatment
Cold compresses help with redness, swelling, and mild discomfort
Use a gentle soap or cleanser (e.g. Cerave, Cetaphil, or Epionce gentle cleanser)
Apply an emollient (e.g. Aquaphor, Vaseline) or prescribed steroid ointment at least 2-3 times a day (stay greasy)

Take any prescribed antiviral or antibiotic pills
Take non-steroidal, anti-inflammatory drugs (NSAIDs) such as, Motrin or Advil, as needed to help reduce any mild swelling or mild discomfort
Avoid sun exposure
Make-up such as mineral based or Lycogel (acne control if prone to breakouts) can be used for camouflage and SPF until the skin begins to peel

FROM 24-48 HOURS

The skin becomes darker and brawny: any age spots will be several shades darker
The skin below is healing and the top layers are dead, getting ready to shed (the peel)

Continue emollient ointment (e.g. Aquaphor, Vaseline) or prescribed steroid ointment at least 2-3 times a day (stay greasy)
Take NSAIDs as needed to help reduce any mild swelling or mild discomfort
Avoid sun exposure

AFTER 48-72 HOURS

The skin is ready to peel:
Peeling first starts around the mouth (increased movement)
Last place to peel is the periphery of the face (upper forehead, jawline, neck)
Large "flakes" may start to crack on the skin's surface, do not pull them!

Start vinegar soaks to "chemically" loosen the dead skin:

- Soak skin in the shower or sink for 5-10 minutes
- Get all ointment off the skin's surface (can use a wet cotton ball)
- Recipe: 1.5 oz white vinegar added to 1 quart water.
- Soak 100% cotton washcloths in solution, cover the treated area, lie back and relax for 10-15 minutes. Dilute with additional water if too much burning. Wash normally, blot skin to dry, then re-apply ointment. Repeat up to 3-6 times daily as needed.

It is OK to go back on retinoids and or start any prescribed bleaching cream once peeled
Avoid direct sun exposure. Use daily cream moisturizer with SPF 30

AFTER 6-8 WEEKS

If placed on a post-peel bleaching cream, you may be instructed to decrease the dose or stop
Remember that the key to long lasting results is diligent sun protection

