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Post-Peel Procedure Instructions

It may take up to one to three to four weeks for the appearance of your skin to return to normal. During the repair/renewal period, you may experience some of the following: stinging, itching, burning, mild pain, tightness, and peeling and scabbing of the superficial layer of the skin. These sensations will gradually diminish over the course of the week as the skin returns to its normal appearance. If swelling occurs, use ice water compresses for 24-48 hours, intermittently as needed.

Following these guidelines will help accelerate the renewal process:

- ***Apply the post-procedure emollient twice daily for 14 days until the skin returns to its normal appearance.***
- ***You will be advised after the 14 day follow-up appointment when to begin your normal skin maintenance regimen.***
- ***Wash the treated area very gently, using one of the following: Dove unscented soap, CeraVe Cleanser, Oilatum, Aveeno bar, Keri bar, Basis or Cetaphil cleanser.***
- ***Avoid sun exposure for at least one month.***
- ***Religious use of sunscreen (SPF 30 with at least 5% zinc oxide), as tolerated, beginning the day after the procedure.***
- ***Any hyperpigmentation (skin darkening) report back to the clinic for evaluation and treatment.***
- ***Do not use any products on the treated area that have not been approved by Dr. Beals.***
- ***Do not use abrasive or exfoliating sponges on the treated area(s).***
- ***To avoid the possibility of scarring, DO NOT: peel the skin, pick the skin, scrape the skin, scratch the skin, or use a masque on the skin.***
- ***Please call if you have any concerns:***

M – F 850-897-7546

OR (after hours) pager #: 850-428-3564