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## **Post Peel Aftercare Instructions**

### **DAY ONE**

- Do not wash, touch or apply makeup to treated areas for four hours. However, if you have itching or irritation prior to the four hour time period, you may wash treated areas with a mild cleanser such as Cetaphil, Neutrogena or Cerave and water.
- Do not rub treated areas with anything harsh.
- After four hours have passed and/or prior to bedtime, wash the treated areas with a mild cleanser and apply a thin layer of mild moisturizer. You may apply the moisturizer without washing the skin first, if desired.

### **DAY TWO**

- Wash your skin with a mild cleanser and pat dry.
- Apply moisturizer with sunscreen (SPF 30) prior to going outside.
- Before bedtime, wash face with a mild cleanser and water and pat dry. Apply a thin layer of moisturizer.

### **DAY THREE THROUGH FIVE**

- You should start the peeling process on the third day. Peeling is described as a sloughing off of the skin. Refrain from picking at the skin so redness, irritation and hyper pigmentation do not occur.
- When washing treated areas morning and night, old skin will slough off. Wash and pat dry. Do not scrub or pull at the skin.
- During the daytime, moisturizer with sunscreen (SPF 30) may be used as often as desired once the skin begins to peel.
- Before bedtime, wash face with a mild cleanser and water and pat dry. Apply a thin layer of moisturizer.
- In most case, the actual peeling process should be completed within this time frame. One day variation to the total process is frequently noted.

### **DAY SIX & AFTER**

You may resume your usual skin care product regimen, if you are not still peeling. If your skin is still sensitive or becomes red or irritated, wait until sensitivity subsides.