# Chemical Peels

A peel removes damaged outer skin so smoother, brighter skin can come through. Your provider chooses the strength for you.

## Before your visit

- Tell us about all medications and supplements, including blood thinners such as aspirin, warfarin, and apixaban.
- Let us know about recent cold sore outbreaks, fevers, or infections.
- Stop retinoids and exfoliating acids for one week before your peel, unless your provider says otherwise.

## The day of your visit

- Arrive without makeup, lotion, or sunscreen on the treated area unless we ask otherwise.
- Tell us if you are pregnant, planning a pregnancy, or breastfeeding.
- Avoid waxing or hair removal on the treated area for one week.

## Right after treatment

- Expect tightness, warmth, and some redness for the first day or two.
- Use only the gentle cleanser and moisturizer we recommend.
- Keep skin moisturized. Dryness can make peeling last longer.

## The days and weeks that follow

- Peeling usually starts within a few days and can last about a week.
- Do not peel, pull, or pick. This raises the risk of marks and scarring.
- Daily sunscreen, and avoid direct sun until healed.
- Hold retinoids and acids until we confirm your skin is ready.

**Call us the same day if you have:**

- Fever of 100.4 F (38 C) or higher
- Blisters, open sores, or skin that looks burned
- Pus, warmth, or foul smell from the treated area
- Hives or a rash that spreads

**Call us within a few days if:**

- Peeling that lasts much longer than expected
- Pigment that looks darker or uneven after a few weeks
- Any question about your results or your next session

**Emergency:** call 911 or go to the nearest emergency room for trouble breathing, swelling of the face, lips, or throat, chest pain, fainting, or a seizure.

Questions? Call (952) 844-2825 or email info@primecaremn.com. Monday to Friday 9 AM to 5 PM, Saturday 9 AM to 12 PM, by appointment. This guide is general information and does not replace the advice of your provider. If anything here differs from your provider's instructions, follow your provider.