

BioRePeel/SkinBetter Peel/Jan Marini Peel

Pre-Care:

1. Consultation: Schedule a consultation with a licensed dermatologist or skincare professional to assess your skin, discuss your goals, and determine the most suitable type and strength of chemical peel for your skin type and concerns.
2. Sun Protection: Avoid excessive sun exposure for at least two weeks before the peel. Sunburned or tanned skin is more susceptible to complications. Use a broad-spectrum sunscreen with at least SPF 30 daily.
3. Skincare Products: Discontinue the use of retinoids, alpha hydroxy acids (AHAs), beta hydroxy acids (BHAs), and other exfoliating or irritating skincare products for several days to a week before the peel, depending on your provider's recommendations.
4. Medications: Inform your provider about any medications or supplements you are taking, especially if you are on medications like Accutane or have a history of cold sores, as this may affect your treatment plan.
5. Hydration: Keep your skin well-hydrated by drinking plenty of water leading up to the procedure.

Post-Care:

1. Follow Provider's Instructions: Adhere to the specific post-care instructions provided by your dermatologist or skincare professional, as these may vary based on the type and depth of the chemical peel.
2. Sun Protection: Continue to protect your skin from direct sunlight by applying a broad-spectrum sunscreen with SPF 30 or higher whenever you go outside. Avoid tanning beds.
3. Redness and Peeling: Expect redness, peeling, and mild swelling, especially with deeper peels. This is a normal part of the healing process and can last for several days to a week or longer, depending on the peel's depth.
4. Gentle Cleansing: Use a mild, non-abrasive cleanser to wash your face. Avoid scrubbing or using harsh exfoliants during the healing process.
5. Moisturize: Apply a soothing, non-comedogenic moisturizer to keep the skin hydrated and reduce dryness.
6. Avoid Makeup: Refrain from wearing makeup until your provider gives you the green light, usually after a few days to a week.
7. Avoid Active Ingredients: Avoid using products containing retinoids, AHAs, BHAs, or other harsh active ingredients until your skin has fully healed.
8. Stay Hydrated: Continue to drink plenty of water to support the healing process.
9. Avoid Excessive Heat: Steer clear of hot showers, saunas, and strenuous exercise for a few days post-peel to minimize the risk of irritation.
10. Follow-Up Appointments: Attend any follow-up appointments recommended by your provider to monitor your progress and ensure proper healing.