

Chemical Peel Guidelines

Initial left column to indicate understanding and compliance with recommendations.

Initial	CONTRAINDICATION	RECOMMENDATION
	Allergy to any constituent of the peel being performed (milk, sugar, apples, citrus, grapes, aloe vera, aspirin, perfumes, hydroquinone or mushrooms)	Choose an alternative peel solution to which the patient is not allergic to any constituents
	Open wounds, cuts, abrasions, piercings, tattoos	No chemical peels should be performed
	Recent radiation, chemotherapy, diabetes, active asthma, or a compromised immune system	No chemical peels should be performed
	Pregnant, actively trying to get pregnant, or lactating	No clinical acids during pregnancy, actively trying to get pregnant or lactation. Home products may be used with attending physician's approval
	Cystic acne or herpes outbreak	Wait 4-6 weeks after lesion has healed
	PRODUCTS & MEDICATIONS	RECOMMENDED WAIT TIME BEFORE OR AFTER A CHEMICAL PEEL
	Products with high levels of unbuffered AHA's (e.g. glycolic acid), salicylic acid, Vitamin A, hydroquinone and retinol	1 week before and after
	Excessively drying or irritating products	1 week before and after
	Oral retinoids	12 months post-oral retinoid therapy and only with physician approval
	TREATMENTS	RECOMMENDED WAIT TIME BEFORE OR AFTER A CHEMICAL PEEL
	Electrolysis	1 week before and after
	Hair Chemicals	1 week before and after
	Waxing, depilatories or threading	1 week before and after
	Botox or fillers	1 week before and after Botox or Fillers
	CHEMICAL PEELS	RECOMMENDED WAIT TIME BEFORE OR AFTER A CHEMICAL PEEL
	Very superficial chemical peels	2 weeks
	Superficial chemical peels	2 weeks
	Medium chemical peels	At least 4 weeks
	Deep chemical peels	Not performed by the Aesthetician, 6-8 weeks may be too soon for some patients; up to the discretion of the physician
	SURGERY & PROCEDURES	RECOMMENDED WAIT TIME BEFORE OR AFTER A CHEMICAL PEEL
	IPL (Intense Pulsed Light)	2-4 weeks post-procedure
	Non-Ablative Lasers	3-6 months post-procedure
	Ablative Lasers	3-6 months post-procedure
	Cosmetic Facial Surgery	3-6 months post-procedure
	ACTIVITIES	RECOMMENDED WAIT TIME BEFORE OR AFTER A CHEMICAL PEEL
	Sun exposure	Refrain from sun exposure 2 weeks prior to chemical peel and 2 weeks after a chemical peel
	Swimming, hot tubs, steam rooms, saunas or putting treated areas directly into a hot shower spray	2 days after
	Participating in activities that would cause excessive perspiration	2 days after; perspiration will cause treated areas to itch, heating internally can cause hyperpigmentation
	Loofahs or other means of mechanical exfoliation	2 days after

Date of Service:

Client: