



Chemical Peel Before and After Care

Prior to the Chemical Peel treatment, please observe the following:

- For best results, it is advised to avoid sun exposure and the following products & procedures at least 1 week prior your treatment:
 - Electrolysis
 - Waxing
 - Depilatory creams
 - Laser hair removal
 - Any exfoliating products
 - Any products that may be drying or irritating, including products containing salicylic acid, alpha hydroxy acids, vitamin c, hydroquinone, retinoids, and prescription medications.
 - Shaving of the area to be treated

After-care instructions for Chemical Peels:

For two days post procedure:

- Do not get face wet for 12-24 hours
- Stay cool! Heating internally can cause hyperpigmentation.

- Do not put treated area directly into a hot shower spray.
- Do not use hot tubs, steam rooms or saunas.
- Do not go swimming.
- Do not participate in activities that would cause excessive perspiration. Do not use loofahs or other means of exfoliation.
- Do not direct a hair dryer onto the treated area.
- Do not apply ice or ice water to the treated area.

If you are concerned about any reaction, please call XO Betty and contact your healthcare provider immediately.