chemical peel

BEFORE YOUR PEEL

We offer three peels — **AlphaRet**, a superficial peel for maintenance, and two medium-depth peels: the **RDS Peel**, which corrects at depth with little to no visible shedding, and the **VI Peel**, which sheets visibly and carries more downtime. The preparation is the same for all three, and it matters: skin that is over-exfoliated or sun-exposed when you arrive will take the peel more deeply than intended.

ONE TO TWO WEEKS BEFORE — Prep Decides The Peel

- **Stop retinoids and exfoliating acids 5-7 days before** (retinol, tretinoin, glycolic. salicylic, lactic acids, and scrubs, or as we direct.) These make a peel penetrate deeper than intended.
- **No waxing, threading, depilatory creams, electrolysis, or laser hair removal** in the treatment area for about a week.
- **No sun and no tanning beds.** Do not arrive with a sunburn or a fresh tan. Wear SPF 50+ daily between now and your appointment.
- If we prescribed an antiviral or a specific skincare prep, use it exactly as directed.

TELL US BEFORE WE TREAT — Some Mean We Reschedule

- **A history of cold sores or fever blisters anywhere on the face** — you may need an antiviral started before your peel.
- Isotretinoin (Accutane) use — peels are delayed until you have been off it for an extended period. Tell us either way and will talk through timing.
- Any active skin infection, open sore, sunburn, eczema, or rash in the treatment area.
- Recent facial procedures, waxing, or laser, and if you are pregnant or breastfeeding.
- A tendency to keloid or scar, or a history of dark spots after any skin injury, or any unusual lightening or darkening after a previous treatment.

PLAN YOUR DOWNTIME — Choose the Right Week

- **AlphaRet Peel:** applied and removed in office. Mild redness, light flaking at most, back to normal in about a day.
- **RDS Peel:** applied and removed here. Medium depth, but built to correct **without** dramatic shedding — redness for a day or two, and many people never visibly peel.
- **VI Peel:** goes home on your skin and **you wash it off 4 hours later.** If you shed, it usually begins around day 3 and runs several days.
- **Whichever peel you choose, schedule it at least 7-14 days before an event** — enough time for the skin to finish healing, rehydrate, and repair.
- **No peel is guaranteed to make you visibly peel,** and none should be judged by whether it does. Shedding depends on skin thickness, turnover rate, and hydration.
- **All three are intended as a series, or on the maintenance rhythm we recommend** for you — plan for a course, not a single visit.

HAVE THESE READY AT HOME — Before You Peel

- A **mild, fragrance-free cleanser** and a **simple moisturizer** with no acids, retinol, or fragrance in it.
- **Mineral SPF 50+,** you will need it every day from the moment you leave.
- Put your actives away for the week — retinol, acids, vitamin C, scrubs, and any at-home device.
- Drink well and eat well in the days leading up. Well-hydrated skin heals more evenly.

THE DAY OF — Appointment Day

- Arrive with clean skin (no makeup if possible), **do not apply retinoids or acids that morning.**
- Men: **we recommend shaving at least 24 hours ahead** rather than the morning of, it makes the peel more comfortable.