

Salicylic Peel Care

After a Salicylic Peel, it is common to experience some temporary flaking, scaling, redness and dryness of the skin for up to 7 days. This is a result of the peel exfoliating the top layer of skin and new cells surfacing. These conditions will disappear as the skin adjusts to the treatments. Improvements from the Salicylic Peel may be very subtle at first. With every peel you should notice your skin feeling smoother and softer and appearing more even toned. It is common to experience “purging” during your peel – any congestion in your skin will come to the surface and may appear in the form of breakouts.

Preparing for a Salicylic Peel

To ensure a safe peel, it is important for your skin barrier to be healthy and strong. A consultation is recommended 6 weeks before your peel, so you can prepare with appropriate homecare. You must be using SPF and using active products with care. One week before your peel, discontinue use of active products

All Fitzpatrick Types: Basic chemical peel preparation

Caring for Your Skin after a Salicylic Peel

The first evening after your peel you should not have to wash your face, however if you choose to do so, cleanse very gently with a gentle cleanser like the Lemon Cream Cleanser, Milk & Honey Cleanser, or Sensitive Skin Cleanser. Pat dry; do not rub. Moisturize with Sensitive Skin Moisturizer or Topical C. It is essential to protect your skin from the sun following a peel. Consider wearing a hat, and Solar Block is essential for sun protection every day.

After 10-14 days, you may resume use of active products and mild exfoliation. Use caution not to exfoliate too soon, as it could cause scarring.

Things to Avoid After a Salicylic Peel

AVOID DIRECT SUN EXPOSURE until you have finished peeling

Avoid exercise and heat for the first 48 hours

Do not exfoliate or use active products for at least 10 days

Wait at least 14 days after your peel for skin treatments or injections to the treated area

Are the Results Permanent?

The permanency of the results is in direct proportion to how you care for your skin after a peel. Taking care of your skin, having a solid homecare regimen, and using sun protection will most certainly help you retain a rejuvenated, more youthful appearance. Maximum benefits are achieved by completing a series of up to six peels.