



## POST ALPHA-HYDROXY ACID PEEL INSTRUCTIONS

**NOTE:** Because of the superficial nature of this peel, you should not expect to really “peel.” Most patients have only a little redness for 12 – 24 hours. Occasionally, there may be very slight flaking in a few localized areas for 1 or 2 days.

1. **Do not apply any medications, glycolic acid products or Lac-Hydrin** during the first 5 days after your peel because your skin may become irritated.
2. Wear a sunscreen with an SPF greater than 15, during this time. Avoid direct sunlight on the peeled skin for at least 1 week.
3. During the entire time of your healing, apply a bland moisturizer (e.g. Oil of Olay, Moisturel, Lubriderm) to your skin as often as needed. **Livad** may be used once daily.
4. In rare instances, an area of crusting may develop. If this occurs, apply an antibiotic ointment, such as Polysporin or Bacitracin, to the area. Notify our office if the area fails to improve within 24 hours.
5. Most patients look normal the day after an alpha-hydroxy acid peel. The maximum benefit of this procedure is not really apparent until about 2 or 3 weeks after the peel.