

Published based on [Chemical Peel Skin Care: Preparation](#)

Chemical Peel Skin Care: Preparation

Your physician will no doubt advise you of the best way to prepare for your [chemical peel skin care](#) treatment, which advice will depend on the density of the chemical peel you're about to have. However, there are things you can do in preparation.

1. So, if you want to achieve the very best results it's essential you take the necessary steps to prepare your skin for the forthcoming facial peel treatment.
2. Smoking and sunbathing generate free radicals which harm the texture of the skin and destroy the support collagen and elastic fibers. The outcome of the facial peel therefore will not be good. For this reason it's important to stop smoking at least two weeks before treatment and to avoid sunbathing for at least two months.
3. If you suffer from cold sores the doctor may prescribe Prophylactic Acyclovir, to counteract the effects of the chemical peels on the areas around the nose and mouth.
4. It's essential during the weeks prior to a [facial chemical peel](#) for you to carry out deep pore cleansing at least twice a day, with facial scrubs, and deep moisturizing creams.
5. If you're to have a strong chemical peel it's most likely you will be advised to have mild skin peels on a weekly basis prior to your final treatment. This will ensure the right therapeutic level of skin care which is essential to prevent the skin from hardening after strong chemicals have been applied.
6. In order to get the very best results from your chemical peel it's of primary importance that you take steps to cleanse your skin thoroughly on a daily basis, and ask your physician for any creams that will help to achieve the desired results.

Avoid anything that will cause your skin to be less than susceptible to the procedure. Good [chemical peel skin care](#) preparation, is essential if you're to be completely satisfied with the end result.

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