

Published based on [Post Chemical Peel: How to Take Care Of Your Skin After A Chemical Peel](#)

Post Chemical Peel: How to Take Care Of Your Skin After A Chemical Peel

Once you've undergone the treatment to peel off the outer layers of the skin's surface there will be a period when the old layers will gradually peel off and new refreshed skin appears beneath. It's during this time that [post chemical peel](#) skincare must be strictly adhered to.

After Chemical Peel Skincare

- 1) As the new layers appear they will be in need of constant moisturising and treatment with an oil based steroid ointment.
- 2) The old skin must be left to come off at it's own pace as forced peeling can cause infection which will then require treatment.
- 3) It's imperative that you stay away from direct sunlight and treat the new skin with sunscreen. Remember this new skin will be quite delicate for a while and must be treated carefully. Vaseline should be applied several times a day to avoid cracking and drying out.
- 4) It's advisable to avoid using make-up for a few days after peeling is complete to give the new skin time to heal. It's possible that a secondary peel may occur during the second week so ensure that the whole process has taken place.
- 5) If you have been a sun addict then habitual use of sunscreen will help to prevent further sun damage and maintain the improved skin quality. Use of vitamin creams such as enzyme creams can assist in reversing some of the effects of sun damage.
- 6) There's no point in going through a chemical peel if you're not prepared to continue with the daily care of your skin. All skin needs to be protected from the elements and it's a daily routine which will improve the condition of your skin and help you to maintain a youthful, healthy glow.

[Post chemical peel](#) skincare is something your doctor will discuss with you in detail. It's essential you follow his advice faithfully and you'll most certainly be pleased with the results.

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