



Reston Dermatology +
COSMETIC CENTER

After Care Instructions

Actinage Peel

Typical Recovery: Minimal to moderate peeling with redness for 2-5 days. Some patients experience little visible peeling

Aftercare Instructions

Immediately After Treatment

- Leave peel solution on skin for the time instructed by your provider.
- Avoid washing or applying products unless directed.
- Avoid touching or rubbing treated areas.

Daily Care (Days 1-5)

- Wash gently with a mild cleanser morning and night.
- Apply a gentle moisturizer as needed for dryness.
- Use broad-spectrum SPF 30+ sunscreen daily.
- Keep skin well hydrated.

Avoid for 5-7 Days

- Retinoids or retinol products
- Exfoliating acids or scrubs
- Facial brushes or cleansing devices
- Waxing, threading, or depilatory creams
- Direct sun exposure or tanning beds
- Sauna, steam room, or intense workouts for 24-48 hours

Makeup

- Makeup may typically be worn the next day, unless irritation is present.

Important Healing Guidance

- Peeling may be mild or not visible — this does not affect results.
- Do not manually exfoliate or accelerate peeling.
- Consistent sunscreen use is essential to prevent pigmentation changes.

These instructions are general guidelines and do not replace medical advice. Please follow any specific instructions provided by your healthcare provider. If you have any questions or concerns regarding your recent treatment, please call us at (703) 766-2220.