

Plastic Surgeon Shares Guidance on Preparing for Laser Treatments and Chemical Peels

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CHICAGO, IL, UNITED STATES, June 9, 2026 /EINPresswire.com/ -- Fall is peak season for laser resurfacing and chemical peels, but according to Dr. Sam Speron, board-certified plastic surgeon and founder of Dr. Speron's Natural Skin Care, LLC, most patients neglect the most important part of these procedures: prepping the skin barrier beforehand.

"You can't build a house on a weak foundation," says Dr. Speron. "The same goes for skin. A strong, hydrated barrier ensures safer, smoother, and faster healing after any laser or peel."

Dr. Speron recommends starting pre-procedure skincare at least 2 weeks prior to treatment. His Best Scar Support Treatment and Barrier Repair Serum are ideal for conditioning skin before and after procedures to minimize redness, irritation, and downtime.

Dr. Speron's Pre-Treatment Protocol:

Hydrate daily with ceramide-based moisturizers.

Stop retinols or strong acids 5–7 days before treatment.

Avoid tanning or heavy sun exposure.

Begin antioxidant protection with vitamin C or green tea.

Post-procedure, focus on healing—not exfoliation.

"Laser and peel results should enhance your skin—not damage it," Dr. Speron explains. "The right prep makes all the difference."

Learn more about skin-prep and recovery solutions at:

□ www.DrSperonsNaturalSkinCare.com

Sam Speron

Dr. Speron's Natural Skin Care, LLC

+ +1 8476969900

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