

CHEMICAL PEEL(S) POST-CARE INSTRUCTIONS

- The skin may be tight and more red than usual.
- The skin may feel tacky and have a yellow-to-orange tinge. This is temporary and will fade in a few hours.
- Wait until bedtime before washing your face.
- Start applying moisturizer after washing your face at bedtime the same night of the peel.
- Avoid strenuous exercise starting the day of the procedure and while the skin is peeling.
- **24 HOURS AFTER THE PEEL AND UNTIL THE PEELING IS COMPLETE**
- The skin may be tight until it starts to peel.
- Peeling will generally start between 48-72 hours after the procedure and can last 2 to 5 days.
- For the first 48 hours or before the skin starts to peel/flake, moisturizer can be applied twice a day.
- When the skin is peeling, moisturizer should be reapplied more frequently to control the peeling.
- **DO NOT PICK OR PULL THE SKIN.** Allow skin to peel at its own pace.
- Premature peeling of the skin will result in dry, cracked, raw skin that may develop into post-inflammatory hyperpigmentation.
- **AFTER THE PEELING IS COMPLETE:** You may resume the regular use of retinol, alpha-hydroxy acid (AHA) products, or bleaching creams **ONLY** after the peeling process is completed.
- Wait until peeling has been completed before having **ANY OTHER FACIAL PROCEDURES**, including facials, microdermabrasion, facial hair removal (including laser hair removal), injections, or injectable fillers.

CHEMICAL PEEL(S) POST-SKINCARE REGIMEN

- **Cleanse:** Use a gentle, soap-free cleanser like SkinMedica® Sensitive Skin Cleanser or SkinMedica® Facial Cleanser. Wash the face gently and avoid rubbing the skin. Do not use a facial cleansing device (ie, Clarisonic®) until the peeling process is complete. **Do not scrub or use a washcloth while the skin is peeling.**
- **Moisturize:** While skin is peeling, apply SkinMedica® TNS Ceramide Treatment Cream™ (or any other SkinMedica® moisturizer recommended by a medical professional) and SkinMedica® HA5 Rejuvenating Hydrator as often as needed to relieve any dryness and control peeling.
- Apply all topical skin care products gently and avoid rubbing the skin.
- **Sun Protection:** Apply Essential Defense Mineral Shield Broad Spectrum SPF 35 Sunscreen or Essential Defense Mineral Shield Broad Spectrum SPF 32 Sunscreen: Apply tinted sunscreen in the morning and throughout the day. Avoid direct sunlight for at least one week.