

## PRE & POST CARE INSTRUCTIONS FOR PEELS

### Pre-Treatment Instructions:

- Avoid sun exposure prior to treatment. Sunburned skin cannot be treated.
- Do not bleach, wax, tweeze or use depilatory creams in treatment area for 3 days prior to treatment
- Discontinue use of retinoid (Retin A, Tazorac, Differin, etc) and Hydroquinone products 3 days prior to treatment
- Discontinue use of 10% or higher Alpha Hydroxyl Acids, Glycolic Acids, and exfoliants 3 days prior to peel
- If you have a history of perioral herpes, advise office so you may begin prophylactic antiviral therapy the day before treatment
- Schedule your injection at a time when minor swelling or peeling will not disrupt your social obligations

### Day of Treatment Instructions:

- Omit lotions, creams, make up or deodorant in area to be treated AND arrive with clean washed skin
- Inform provider of any changes in medical history and of all medications you are taking

### Post- Treatment Instructions:

- Skin may be tight and more red than usual.
- 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 procedure and while the skin is peeling.
- 24 HOURS AFTER THE PEEL AND UNTIL THE PEELING IS COMPLETE
- 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 completed before having ANY OTHER FACIAL PROCEDURES including facials, microdermabrasion's, facial hair removal (including laser hair removal), injections or injectable fillers.

## **POST-PEEL SKIN CARE 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 Tinted in the AM and throughout the day. AVOID direct sunlight for at least one week.