



AFTER-PEEL CARE INSTRUCTIONS

Congratulations! You have just taken a step toward a healthier, more attractive complexion. Proper maintenance of your healthy skin will facilitate and enhance the rejuvenation process. It is important that you follow key steps to achieve the maximum benefits from your peel.

A SKIN PEEL IS NOT A “CURE ALL” TREATMENT

For certain appropriate conditions, peels can and will improve the skin. For best results, a peel program is suggested. Your esthetician will help you decide which program works best for you, as they vary based on skin conditions.

LIMIT EXPOSURE TO THE SUN

Peels increase your skin's sensitivity to the sun and particularly the possibility of sunburn. It is crucial that you take precautions to avoid sun exposure in order to protect your skin as well as to achieve the effect of the peel. Exposure to UV rays can cause hyper pigmentation, freckling or sun damage. We recommend that you stay indoors as much as possible and always use a Full Spectrum physical sunscreen or sunblock. (These can be purchased OTC)

INSTRUCTIONS:

After your chemical peel treatment, please follow these directions to help your skin heal quickly.

- Following a daily morning cleansing and moisturizing routine, make sure to apply a physical sunscreen or sunblock with an SPF of 30 or higher.
- Do not wear make-up the day of your peel. You can wear make-up the day *after* your peel.
- Avoid exercise for at least three hours after the peel, as sweating can cause inflammation and/or breakout.
- Do not use your glycolic products for 48 hours following the peel, or until your skin is back to normal. Each patient is different. If you have had the Salicylic Peel, do not use any glycolic products, Retinol, or Retin-A for 5-7 days or until your skin is back to normal.
- If your skin begins to peel, do not try to pick it off - you will only irritate the skin.

Your skin will not peel with Microdermabrasion, Glycolic, AHA, Retinol or Lactic Acid peels. Skin *may* peel with Hydroquinone or Salicylic peels. KNOW WHAT KIND OF PEEL YOU ARE HAVING PERFORMED.

- To avoid injury to the skin, for the 10 days following the peel, please do not:
 - Peel, pick, scrape or scratch the skin
 - Have an electrolysis or laser treatment
 - Use tanning beds or sunbathe
 - Perform permanent waves, straightening, coloring or bleaching of hair
 - Facial wax, thread or use depilatory products, scrubs or Microdermabrasion Cream
 - Always clean hands or objects before you touch your face. Be aware of things such as cell phones and eyeglasses, and also after using the ATM.
 - For men, do not shave for at least 48 hours after peel.
 - Cleansing Routine (morning and night):
 - Satin Cleanser
 - Perfection C
 - Balancing Moisture Cream
- Always use sunscreen/sunblock



NOTE: Immediately following the peel procedure, some clients may experience temporary skin dehydration ranging from mild dryness to slight crusting. Some temporary discoloration may also occur.

WHAT TO DO IF YOU EXPERIENCE REDNESS, CRUSTING OR DISCOLORATION:

If you experience redness that lasts more than two days, apply a 1% hydrocortisone cream to the affected area (you can purchase this OTC at any drug store). Do not use any glycolic products, Retinol, Retin-A on the affected area until your skin is back to normal.

If you experience temporary discoloration after the redness is gone, apply a recommended bleaching cream until the discoloration is gone. Contact your doctor office to purchase bleaching cream or hydroquinone.

If you experience crusting, apply Balancing Moisture Cream to the affected area.

If you experience blistering due to Glycolic Peels, apply Aquafor or Neosporin to the affected area (these can be purchased at a drug store). Continue this application for several days and the blisters will fall off naturally.

NOTE: There is no such thing as a quick fix. Continued treatment is normal in order to achieve the results you desire. (In rare cases, some patients may take up to 2 years of chemical peels to accomplish best results)



IMPROVE THE APPEARANCE OF YOUR SKIN

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