



CHEMICAL PEELS

PRE-TREATMENT INSTRUCTIONS

Schedule your peel with downtime in mind. Peeling typically begins on Day 3 post-treatment and lasts through Days 3–6, which are usually the heaviest peeling days. Avoid scheduling events or important commitments during this time.

Refrain from using all topical retinoids, exfoliants, and scrubs 7–10 days prior to the treatment.

Avoid waxing of treated areas a week before your treatment.

It is recommended that extended sun exposure and tanning be avoided, especially in the 10 days prior to treatment.

**Inform the provider if you have taken Accutane (oral acne medication) in the past year.*

POST-TREATMENT INSTRUCTIONS

Refrain from using products containing retinoids or other strong ingredients for 10 days.

AVOID using any strong products, or a loofah sponge, rough washcloth, or Clarisonic brush during the first week post peel.

Do NOT engage in strenuous exercise for 2–3 days after treatment because it may exacerbate the inflammatory and can cause your skin to become extremely inflamed.

Avoid sun exposure. Wear SPF 30 or higher and a wide-brimmed hat when outdoors.

To reduce the risk of scarring, do not pick or peel flaking skin. Use scissors to carefully trim if needed. You do not want to remove the dry, rough, dead skin faster than your body wants to.

Refrain from over-moisturizing, as this can slow or inhibit the peeling process. Use products as directed.

Do not tweeze, pick, rub, exfoliate, wax, use a depilatory, undergo electrolysis, or schedule a facial or cosmetic service such as laser resurfacing, or IPL on a treated area(s) for 4 weeks after your treatment.

PERFECT DERMA PEEL

DAY 1:

The peel solution should remain on the treated areas for at least 6 hours. During the first 6 hours, do not wash, touch, rub, or apply makeup to the treated areas. The Post Peel Moisturizer may be used after 6 hours if you are experiencing excessive irritation, have darker skin, melasma, or hyperpigmentation, or if the Perfect Derma booster was added to the peel treatment.

If you are not experiencing any irritation, the peel solution can remain on until your evening cleansing or it may be left on overnight.

DAY 2:

AM: Gently wash and dry the treated areas. Vigorously apply the 1st Post Peel Towelette to the treated areas. Let dry thoroughly. Towelette solution should be left on for 50 minutes before applying SPF 30 or above. Makeup may be applied if desired.

PM: 30-60 mins before bedtime, gently wash and dry the treated areas. Vigorously apply the 2nd Post Peel Towelette to the treated areas. Leave the solution on overnight.

If you are experiencing irritation, apply a small amount of The Post Peel Moisturizer 2-3 times daily. You may also apply a cold compress against the irritated area for relief. If there is no significant irritation, do not use any moisturizing products on the treated areas until peeling begins (usually Day 3).

DAY 3-6:

Peeling generally begins on day 3.

After peeling begins, apply The Post Peel Moisturizer to the treated areas 2-3 times a day to control the peeling and relieve tightness.

- This moisturizer should be used for one week for Caucasian patients
- Use for two weeks for Asian, Hispanic and African American patients
- If The Post Peel Moisturizer runs out, a 1% hydrocortizone cream may be substituted

Do not rub, pick or pull on the peeling skin, let the peeling occur naturally. Rubbing, picking or pulling may cause scarring. Gently wash (do not scrub) and dry the treated areas morning and night, and apply The Post Peel Moisturizer as needed. SPF 30 or above should be applied daily or every 2 hours during sun exposure.

DAY 7:

The Peeling Process is Generally Complete. Mild sloughing may still be occurring in some treated areas. Continue to protect the skin with SPF 30 or above.