

■ 72 HOURS PRE TREATMENT

1. Discontinue use of retinoids (Retin-A, Renova, Differin, or Tazorac), benzoyl peroxide, alpha or beta hydroxy acids, depilatory creams or other potential irritating ingredients.
2. Patients who have had medical cosmetic facial treatments or procedures (e.g. laser therapy, surgical procedures, cosmetic filler, etc.) should wait until skin sensitivity is completely resolved before receiving an exfoliation.

NOTE: The use of these products/treatments prior to your peel may increase skin sensitivity and cause a stronger reaction.

It is crucial to the health of your skin and the success of your peel treatment that these guidelines be followed:

■ 72 HOURS POST TREATMENT INSTRUCTIONS

- *Microdermabrasion - Micropeel - Sensi Peel - Illuminize Peel*

1. It is imperative to use a sunscreen with an SPF of at least 30 and avoid direct sunlight for at least one week.
2. Patients with hypersensitivity to the sun should take extra precautions to guard against exposure immediately following the procedure as they may be more sensitive following the peel.
3. Because of the superficial nature of these peels, patients should not expect to see visible peeling. Occasionally, some patients may have very minor flaking 3-4 days post peel.
4. Skin may appear slightly redder than usual for about 1-2 hours after the treatment. If neck and chest are treated, the redness may last slightly longer.
5. Skin should look normal the next day.
6. When cleansing the face, do not scrub and do not use a wash cloth. Use a soap-free, sensitive cleanser.
7. After cleansing your face, apply an appropriate moisturizer recommended by your aesthetician for 4-5 days and as often as needed to relieve any dryness.
8. The regular use of Retin-A, alpha hydroxy acids (AHA) products or bleaching creams can be resumed 4-5 days after the peeling process is complete.

■ ONE WEEK POST TREATMENT INSTRUCTIONS

- *Blue Radiance Peel - Vitalize Peel - Rejuvenize Peel - VI Peel*

1. If retinoic acid was used as part of your treatment, your skin will have a slight yellow tinge immediately after the procedure. This is temporary discoloration and will fade in 1-2 hours. We recommend waiting until the evening to cleanse your face, however if you should choose to cleanse it sooner, please wait until after the yellow tinge completely disappears (1-2) hours.

2. It is imperative that you use a sunscreen with an SPF of at least 30 and avoid direct sunlight for at least one week.
3. Patients with hypersensitivity to the sun should take extra precautions to guard against exposure immediately following the procedure as they may be more sensitive following a chemical peel treatment.
4. Your skin may be more red than usual for 2-5 days. Please avoid strenuous exercise at during this time.
5. Approximately 48 hours after the treatment, your skin will start to peel. This peeling will generally last 2-5 days. **DO NOT PICK OR PULL THE SKIN.** Allow the skin to peel at its own pace.
6. When washing your face, do not scrub and do not use a wash cloth. Use a gentle cleanser that does not contain soap.
7. After cleansing your face, apply an appropriate moisturizer recommended by your aesthetician for 4-5 days and as often as needed to alleviate any dryness. Mild stinging may occur when applying a moisturizer. This is normal and the sensation may subside within 1-2 minutes. Phyto Corrective Gel may be used to alleviate any discomfort.
8. The regular use of Retin-A, alpha hydroxy acids (AHA) products or bleaching creams can be resumed 5-7 days after the peeling process is complete.
9. It is important for the treated area to remain soft and pliable during healing with the use of a topical occlusive on the treated area (Aquaphor or Vaniply). Do not allow the treated area to dry.

■ **RECOMMENDED SKIN CARE PRODUCTS POST TREATMENT:**

Cleansers: Obagi Gentle Cleanser, SkinCeuticals Gentle Cleanser, Cerave Cleansers, Cetaphil Cleansers, Neutrogena Ultra Gentle Cleanser

Hydrating serums: SkinCeuticals Phyto Corrective Gel, SkinCeuticals Hydrating B5 Gel

Moisturizers: Obagi Hydrate, Obagi Therapeutic moisture, Cerave moisturizers, Vanicream moisturizers.

SPF: Elta MD UV Physical SPF 41, SkinCeuticals Physical Fusion SPF 50, SkinCeuticals Sheer Physical SPF 50, or any SPF 30 + containing zinc oxide and titanium dioxide.

Aquaphor or Vaniply may be used as an occlusive barrier if you experience extreme dryness. 1% hydrocortisone may be used to alleviate itching.