

Pre/Post Peel Instructions

Recommended Products for Post-Peel Care:

Obagi/SkinMedica INS Ceramide Cream SPF 30+ (Physical Block)

Patients Who Should Not Be Treated:

- Patients with active cold sores or warts, skin with open wounds, sunburn, excessively sensitive skin, dermatitis or inflammatory rosecea in the area to be treated. Inform the esthetician if you have any history of herpes simplex
- Patients with a history of allergies (especially allergies to salicylates like aspirin), rashes, or other skin reactions, or those who may be sensitive to any of the components in this treatment
- Patients who have taken Accutane within the past year or are taking photosensitizing meds (tetracycline, etc)
- Patients who are pregnant or breastfeeding (lactating)
- Patients who have received chemotherapy or radiation therapy
- Patients with vitiligo or history of an autoimmune disease (such as rheumatoid arthritis, psoriasis, lupus, multiple sclerosis, etc.) or any condition that may weaken their immune system

One Week Before Your Peel: AVOID

- Retin-A®, Renova®, Differin®, Tazorac®
- Electrolysis
- Waxing
- Depilatory Creams
- Laser Hair Removal
- Patients who have had BOTOX® injections should wait until full effect of their treatment is seen before receiving a peel (1½-2 weeks)
- Patients who have had medical cosmetic facial treatments/procedures (e.g. laser therapy, surgical procedures, cosmetic filler, microdermabrasion, etc) should wait until skin sensitivity resolves before receiving a peel

Two to Three Days Before Your Peel: AVOID

- Any products containing retinol, alpha -hydroxy acid (AHA) or beta-hydroxy acid (BHA), or benzoyl peroxide
- Any exfoliating products that may be drying or irritating

After Your Peel:

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

1. If retinoic acid was used as part of your treatment, your skin will have a light yellow tinge immediately after the procedure. This is temporary and will fade in 1 to 2 hours. We recommend waiting until the evening to wash your face, however if you should choose to wash it sooner, please wait until after the yellow tinge completely disappears (1 to 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 1 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 the peel.
 4. Your skin may be more red than usual for 2 to 5 days. Please avoid strenuous exercise during this time.
 5. Approximately 48 hours after the treatment, your skin will start to peel. This peeling will generally last 2 to 5 days. DO NOT PICK OR PULL THE SKIN. Allow skin to peel at its own pace.
 6. When washing your face, do not scrub, do not use a wash cloth. Use a gentle cleanser.
 7. After washing your face, apply moisturizer recommended by your medical professional for 4-5 days and as often as needed to relieve any dryness.
 8. You may resume regular use of Retin-A, alpha hydroxy acid (AHA) & Hydroquinone once peeling subsides (1 ½-2wks)
 9. Wait until peeling completely subsides (1 ½-2 weeks) before having ANY OTHER FACIAL PROCEDURES
- *Call the office immediately if you have any unexpected problems after the procedure.***