

## POST-PEEL INSTRUCTIONS

### WHAT TO EXPECT:

#### ***Immediately after the peel and up to 24 hours:***

- 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
- You should wait until bedtime before washing your face
- Avoid strenuous exercise starting the day of procedure and while the skin is peeling

#### ***24 hours after the peel and until peeling is complete:***

- Skin may be tight up until it starts to peel
- Peeling will generally start between 48-72 hours after the procedure and can last 2 to 5 days
- 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 CARE REGIMEN:

Adhere to the following regimen for optimal post-peel care

1. Cleanse: Use a gentle, soap-free cleanser like SkinMedica Facial Cleanser. Do not scrub and/or use a wash cloth while the skin is peeling.
2. Moisturize: While skin is peeling, you should apply SkinMedica HA5 or another moisturizer recommended by your provider as often as needed to relieve any dryness and control the peeling
3. Sun protection: Apply SkinMedica or other approved SPF In the AM and reapply throughout the day. Avoid direct sunlight for at least 1 week.

#### ***After peeling process is complete:***

- You may resume the use of Retinols, AHAs, and/or bleaching creams ONLY after the peeling process is complete
- Wait until peeling is completed before having ANY OTHER FACIAL PROCEDURES including:
  - Facials
  - Microdermabrasion
  - Laser treatments (including hair removal)
  - Facial hair removal
  - Cosmetic injections

#### ***Variations in the amount of peeling:***

The degree of peeling may vary depending on the individual's skin type and skin condition at the time of the peel. The success of the peel should not be determined by the amount of peeling, but by the end results that the peel will produce. Reasons why some patients experience decreased visible peeling:

- Receiving this peel for the first time
- Severe sun damage (increased visible peeling should develop with subsequent peels)
- Having peels regularly with a short interval between peels
- Frequent users of Retinols or AHAs or other peeling agents prior to the peel treatment.

Regardless of the degree of peeling, the skin is still sloughing off at an accelerated rate which will result in the improvement of skin tone and texture and diminishment of fine lines and pigmentation.

### SERIES OF PEELS:

For maximum results this peel can be applied every 3-4 weeks until desired results are achieved. Results are cumulative and maximum benefits are seen with a series of 3 or more peels.

### SUNBURN ALERT:

Extra precautions should be taken to avoid sun exposure following the peel. It is recommended that patients use a sunscreen product with a SPF of 30 or higher. SkinMedica recommends limiting sun exposure for at least one week after the peel is performed.