



Before Treatment:

- Please avoid sun exposure 4 weeks before and after treatment
- Self tanning products should be avoided for 1 week prior to and after treatment
- Stop products containing retinoids, alpha hydroxy (glycolic) acid, beta hydroxy (salicylic) acid, and benzoyl peroxide 1 week prior to treatment
- Avoid any other exfoliating products that may be drying/irritating and waxing 1 week before and after procedure
- If you have a history of cold sores, be sure to notify your provider prior to your procedure, so that you can be given a prescription for a medication to reduce the chance of a breakout

After Treatment:

- You will leave the office with the final layer of the peel on the treatment area. You should go directly home and wash the area at the time indicated below.
- Redness, similar to a mild windburn, will last for 2-3 days. Approximately 48 hours after the procedure, peeling/flaking will begin and will last from 2-5 days. Allow skin to shed at its own rate. Do not pick or use exfoliation to try and "speed it up." The best method to aid in healing is to use the post op products recommended below
- Avoid exercise for 24-48 hours after the procedure
- Avoid makeup until the skin has finished peeling
- Avoid sun exposure for 4 weeks following the treatment and apply a sunscreen with SPF 30+ with zinc oxide as an active ingredient

Post op Skin Care:

****At your first treatment, you will be given a full size cleanser, moisturizer and sunscreen. These products should be used as directed for 5 days post treatment and are meant to last for all three treatments. If you run out or lose them for the second or third treatment, you can purchase replacements at Skin1765.****

1. **WASH THE TREATMENT AREA IN _____ HOURS AT _____ AM/PM**

using **Post Procedure Cleanser**. Continue using the cleanser twice daily (in am and before bed) until all peeling has resolved.

2. After cleansing, apply **Vancream HC**, and as needed for redness and itching for the first couple days.

3. Apply **Post Procedure Moisturizing Complex** over the Vancream HC. Continue using the moisturizer at least twice daily until all peeling has resolved. It is best to keep the skin well hydrated during the peeling phase, **so more frequent application may be necessary and is encouraged.**

4. Apply **Skin Medica Essential Defense SPF 35** sunscreen daily and reapply every 2-3 hours when outside.

Additional: Your provider may recommend a lightening cream to increase results of the peel.