



### **Before Treatment:**

- Please avoid sun exposure 4 weeks before and after treatment
- Self tanning products should be avoided for 1 week prior to treatment and 6 weeks after treatment
- Stop products containing retinoids, alpha hydroxy (glycolic) acid, beta hydroxy (salicylic) acid, benzoyl peroxide and hydroquinone at least 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-moderate sunburn, will last for 4-7 days. Approximately 48 hours after the procedure, peeling/flaking will begin and may last for approximately 12 weeks (1st week: heavy peeling/flaking; 2nd-12th week: mild redness, flaking/dryness). 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 sweat/heat to face for 48 hours after the procedure
- Absolutely no makeup for the first 2 weeks. After that it is recommended to avoid makeup whenever possible and if it must be used to only use fragrance free products
- Avoid sun exposure for 4 weeks following the treatment and apply a sunscreen with SPF 30+ with zinc oxide as an active ingredient. ***Your skin will be more sensitive to sun while using the Brightening Cream.***
- **STOP USE OF ALL OTHER PRODUCTS UNTIL FURTHER NOTICE FROM YOUR PROVIDER.**
- It is important that you use the products provided in the kit as directed below to achieve the best results. The area can be more sensitive, pink and flaky during the weeks the Brightening Cream is used.
- You may take Benadryl for itching and ibuprofen for discomfort/sunburn sensation

### **Post Peel Skin Care:**

#### **Day of treatment:**

**WASH THE TREATMENT AREA IN \_\_\_\_\_ HOURS AT \_\_\_\_\_ AM/PM using Post Procedure Cleanser.**

**Apply Post Procedure Soothing Balm** after cleansing and then **Post Procedure Moisturizing Complex.** Reapply again before bed.



**Starting the day after treatment and continuing for 1 week:**

- Continue using the cleanser twice daily (in am and before bed)
- In the morning, after cleansing apply **Post Procedure Soothing Balm**, **Post Procedure Moisturizing Complex** and then **Post Procedure Protect**.
- At bedtime, after cleansing apply **Brightening Cream\*** (*Note: Brightening Cream should be kept in the refrigerator*), then **Post Procedure Soothing Balm** followed by **Post Procedure Moisturizing Complex**.
- **\*\*\* Note: Post Procedure Soothing Balm and Post Procedure Moisturizing Complex should be applied throughout the day as needed to keep the skin well hydrated during the peeling phase. Post Procedure Protect should be applied every 2-3 hours if outside.**

**Starting Day 8 and continuing for up to 12 weeks (until all Brightening Cream is used up- note any Brightening Cream remaining after 12 weeks should be discarded):**

- Continue using the cleanser twice daily (in am and before bed)
- In the morning, after cleansing apply **Post Procedure Moisturizing Complex** and then **Post Procedure Protect or Skin Medica Physical Defense**.
- At bedtime, after cleansing apply **Brightening Cream** (every other night or every night if tolerated), then apply **Post Procedure Moisturizing Complex** and Vaseline (optional)\* (**Note: Brightening Cream should be kept in the refrigerator**)
- Note: Post Procedure Moisturizing Complex can be applied more frequently if flaking/dryness occurs. Post Procedure Protect should be applied every 2-3 hours if outside.
- **\*\*\*Any remaining Brightening Cream should be discontinued and disposed of after 3 months**

**\* Brightening Cream can cause sensitive areas to develop, such as dry patches and scabs. If this occurs discontinue Brightening Cream to that area and/or decrease frequency of application to every other night. Post Procedure Soothing Balm or Post Procedure Moisturizing Complex along with Aquaphor or Vaseline can be applied to sensitive areas to speed healing.**

	AM	PM
<b>First Week</b>		
1	Post Procedure Cleanser	Post Procedure Cleanser
2	Post Procedure Soothing Balm	Brightening Cream
3	Post Procedure Moisturizing Complex OR Soothing Ointment	Post Procedure Moisturizing Complex OR Soothing Ointment
4	Post Procedure Protect	Aquaphor or Vaseline
<b>Second Week and up to 12 Weeks</b>		
1.	Post Procedure Cleanser	Post Procedure Cleanser
2.	Post Procedure Moisturizing Complex OR Soothing Ointment	Brightening Cream (every other night or as tolerated)
3.	Post Procedure Protect	Post Procedure Moisturizing Complex OR Soothing Ointment