



Chemical Peel Pre- and Post-Treatment Instructions

Pre-Treatment Instructions:

- DO prepare your skin for a chemical peel for at least two weeks before your procedure with the use of a medical-grade skin care regimen and broad-spectrum sunscreen to improve your skin health. This allows for better treatment results and reduces the risk of complications.
- DON'T use products containing retinols and retinoids, as well as high levels of AHA or BHA and vitamin A (medical-grade and over the counter) for 7 days prior to your treatment.
- DON'T shave the area to be treated for 24 hours prior to treatment.
- AVOID sun exposure and tanning beds for 4 weeks prior to treatment.
- AVOID filler injections for 2 weeks prior to treatment.
- AVOID toxin injections, microdermabrasion, enzymatic peels, waxing, or threading for 7 days prior to treatment.
- DO begin prophylactic Valtrex or other treatments as recommended by your physician no later than 24 hours prior to your appointment if you have a history of cold sores.
- Treatment CAN NOT be completed if you have used Accutane within 6 months prior your appointment.
- This treatment is CONTRAINDICATED if you are actively trying to get pregnant, are pregnant, or are breast feeding.

Post-Treatment Instructions:

- DO use your supplied Post Peel Kit for 5-7 days after your treatment.
- DO NOT remove peeling skin by any means, including exfoliating, picking or peeling. This can result in hyperpigmentation and scarring.
- DO NOT get your skin wet or apply products for a minimum of 8 hours after treatment. This could reactivate the chemicals. This includes showers, misting spray, makeup, misting sprays, perspiration.
- DO NOT expose your skin to heat for 48 hours post treatment. This can cause hyperpigmentation. This includes hot tubs, steam rooms, saunas, hot showers, hot water spray, excessive perspiration, aerobic exercise.
- DO NOT use AHA and BHA skin care products for 5 days after treatment.
- DO NOT expose your skin to direct sun for 2 weeks post-procedure. ALWAYS apply a UVA/UVB broad-spectrum 30+ sunscreen.
- AVOID tanning booths, facial scrubs, mechanical forms of exfoliation, retinoic acid, laser hair removal, photofacials, repeat chemical peels, or microdermabrasion for 2 weeks after your treatment.

Results:

- For 2-24 hours after treatment you might notice the following: redness, tightness, itching, slight swelling, skin sensitivity. These are normal reactions.
- For 3-5 days following treatment you might notice: temporary dryness, skin peeling, flaking. The degree of peeling does not necessarily reflect the efficacy of the procedure. Each individual is different, and the treated area may not actually loosen and “peel.”
- It may take 2 or more treatments to target the deeper layers of skin to loosen and “peel.”

Post-Peel Kit

- SensiCalm Cleanser: massage into skin and rinse thoroughly
- Recovery Balm or Intensive Recovery 1% HC: Gently massage into clean skin with fingertips. Apply during day as needed.
- Sheer Hydration Broad Spectrum SPF 40 Sunscreen: Apply liberally to treated areas after cleansing and applying Recovery Balm. Reapply throughout the day.

AM Protocol:

Step 1: SensiCalm Cleanser

Step 2: Recovery Balm or Intensive Recovery

Step 3: Sheer Hydration Broad Spectrum SPF 40 Sunscreen

PM Protocol:

Step 1: SensiCalm Cleanser

Step 2: Recovery Balm or Intensive Recovery

If you are concerned about an emergency, please call (541) 588-4252, or go to your nearest emergency room.