

## CHEMICAL PEEL PRE- + POST-PROCEDURE PATIENT INSTRUCTIONS

### PRE-PROCEDURE INSTRUCTIONS

- You will be having a "superficial" peel treatment on the day of your appointment. Please follow the outline below to prepare.
- Please consult your skin care provider if you are pregnant. We do not recommend chemical peels for pregnant women.
- Do not go to a tanning bed two weeks prior to treatment. This practice should be discontinued due to the increased risk of skin cancer and signs of aging.
- It is recommended that extended sun exposure be avoided, especially in the 10 days prior to treatment. You will be hyper-sensitive to the sun for up to 2 weeks post treatment and will need to apply spf 30+ more frequently to prevent burning.
- It is recommended to delay use of tretinoin, Retin-A®, Renova®, Differin®, Tazorac®, Avage®, EpiDuo™, Ziana® and high-percentage AHA and BHA products for approximately five days prior to treatment. Consult your physician before temporarily discontinuing use of any prescription medications.

Superficial peels result in little to no downtime but create dramatic and visible results. Treatments may cause slight redness, tightness, peeling, flaking or temporary dryness. Most patients find it unnecessary to apply makeup, as the skin will be smooth, dewy and radiant following your treatment. If you would like to apply makeup, allow approximately 15 minutes for the pH of the skin to stabilize before applying foundation.

### POST-PROCEDURE INSTRUCTIONS

#### Two days post-procedure:

- Stay cool! Heating internally can cause hyperpigmentation.
- Do not put the treated area directly into a hot shower spray.

- Do not go into hot tubs, steam rooms or saunas.
- Do not go swimming.
- Do not participate in activities that would cause excessive perspiration.
- Do not use loofahs or other means of manual exfoliation.
- Do not direct a hair dryer onto the treated area.
- Do not apply ice or ice water to the treated area.

### GENERAL GUIDELINES

After receiving a chemical peel, you should not necessarily expect to "peel." However, light flaking in a few localized areas for several days is typical. Most patients who undergo these treatments have residual redness for approximately one to twelve hours post-procedure.

- As with all peels and treatments, it is recommended that makeup not be applied the day of treatment, as it is ideal to allow the skin to stabilize and rest overnight; however, makeup may be applied 15 minutes after the treatment if desired.
- To minimize side effects and maximize results use the Post-Procedure Products for three to five days or until flaking has resolved.
- If skin feels tight or dry apply a generous amount of moisturizer, such as SkinMedica TNS Ceramide or Dermal Repair Cream as needed.
- Moisturizer should be applied at least twice a day but can be applied more frequently for hydration and to decrease the appearance of flaking.
- It is recommended that other topical, over-the-counter medications or any acid products not be applied to the skin seven days post procedure, as they may cause irritation.
- It is recommended to delay use of Tretinoin, Retin-A, Differin, Renova, Tazorac, Avage EpiDuo or Ziana seven days post-procedure. Consult your physician before temporarily discontinuing use of any prescription medications.

- Avoid direct sun exposure and excessive heat. Use SkinMedica Essential Defense or Repair SPF.
- Do not go to a tanning bed for at least two weeks post-procedure. This practice should be discontinued due to the increased risk of skin cancer and signs of aging.
- Do not pick or pull on any loosening or peeling skin. This could potentially cause hyperpigmentation and scarring.
- Do not have electrolysis, laser hair removal, facial waxing or use depilatories for approximately seven days.
- Do not have another treatment until your clinician advises you to do so.

If you have questions or concerns after business hours following a procedure, please call us at **802-861-2273** and push **option 2** to be connected to our answering service. **For a true medical emergency, call 911.**

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PATIENT SIGNATURE

PRINT NAME

DATE