

## Post Peel Instructions

If you have just had a MicroPeel, PCA Peel, Pumpkin Peel, Ultra Peel, Sensi Peel, Esthetique Peel or Oxy Peel, you should not necessarily expect "to peel". However, you may have light flaking in a few localized areas for a couple of days. Some individuals may peel or experience more moderate flaking. The amount of visual flaking is not indicative of your end results. Most patients who undergo these treatments have only residual redness for anywhere from one to twelve hours.

It is recommended that you do not apply make up the day of the treatment. It is ideal to allow the skin to stabilize and rest overnight. However, make up MAY be applied if necessary. Tonight your skin will feel tight and slightly "pulled". You may cleanse with a gentle, non abrasive cleanser and apply Apres Peel pHaze 11 Soothing Balm, Apres Peel pHaze 11+ Hydrating Balm, Silkcoat Balm pHaze 20 or AntiBac Protection.

Although you may or may not actually "peel," it is likely that you will experience a light exfoliation. It may take two or more treatments for the surface skin to loosen and peel. Everyone responds differently and most patients look quite normal the day after their treatment. Unless recommended by your esthetician, do not apply other medications or AHA products to your skin, as they may be irritating.

Avoid direct sun exposure and excessive heat. Use your Daily Defense 20, Ultimate Defense SPF 30 or Physical Defense SPF 30 every morning to protect your skin.

**DO NOT** pick or pull on any loosening or exfoliating skin. This could potentially cause hyperpigmentation. Start using Pigment Gel Dyschromia Controller twice daily as recommended by Esthetician.

**ABSOLUTELY** do not go into tanning booth 3-4 weeks BEFORE or AFTER a treatment. Discontinue Retin A / Renova /Avage / Tazorac FIVE days BEFORE treatment and SEVEN days AFTER treatment UNLESS you received a MICROPEEL "LunchTime Peel" then you need only discontinue for TWO days BEFORE and TWO days AFTER. NOTE: It is always important to check with your dispensing physician before temporarily discontinuing prescription medications.

**DO NOT** have electrolysis, collagen, Botox, Restylane, Hair Perms, Hair Bleach, any facial waxing or depilatories for approximately FIVE days.

### **FOR THE NEXT TWO DAY PERIOD:**

Do not apply ice or ice water to the treated area

Do not put your face directly into hot shower spray. Do not use hot tubs, steam room or sauna

Do not go swimming

Do not participate in activities that would cause excessive perspiration...STAY COOL!!!

Do not use scrubs, loofahs or any other means of exfoliation on treated area

Do not direct hair dryer onto the treated area

Do not have another treatment until your Esthetician advises you to do so

Contact us if you have any concerns or questions at (804) 257-5982