

chemical peel before & after treatment instructions

Please follow the instructions below to prepare for your treatment. Your compliance to your pre and post peel instructions will greatly affect the outcome of your treatment.

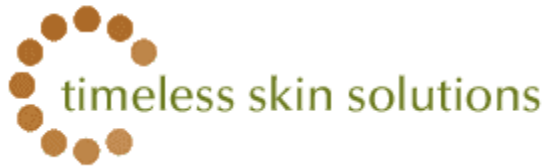
Before treatment:

1. Refrain from these activities within 7 days prior to your treatment:
 - a. Do not have another treatment, unless recommended.
 - b. Avoid any irritants to your skin, including retinoids and retinol, glycolic and salicylic acids, benzoyl peroxide, astringents and Vitamin C.
 - c. Do not wax, tweeze or use depilatory creams.
 - d. Do not tan.
2. Do not schedule a procedure if you are pregnant or think you are pregnant
3. Continue to use other skin care products, including a hydroquinone or whitening agent.
4. On the day of your treatment
 - a. Wash your face and apply moisturizer.
 - b. Do not apply makeup.
 - c. At home, have benadryl and aspirin or Tylenol available.

After treatment:

Day 1: Rinse off the peel at _____. Your skin will appear sunburned today and will continue to get redder as the day continues. It will begin to feel tight and like you have a sunburn. You will want to avoid wearing tight fitting glasses for the first day or two. Pressure from the nosepiece could cause deepening of the peel in that area. Only wear makeup if necessary after your peel.

Day 2: Your skin will continue to feel very tight. The top layers of skin are dehydrating. You will look like you have an uneven sunburn/tan. You may still feel comfortable in public today. By the end of the day your skin may begin to flake, usually starting between your eyes, around your mouth and nose. Sun damaged spots will turn darker prior to peeling. Rinse your face with water today. Use your hands only and cool or tepid water generally feels best. Do not use a cleanser or moisturizer. **DO NOT PEEL THE SKIN.** If any area is irritated, mild hydrocortisone cream, aquaphor, or Vaseline Creamy can be used. Do not use Vaseline alone or Neoprin.



Day 3:

Your skin will flake, peel and feel very tight today. DO NOT peel the skin at any time. If you were to peel skin that is not ready to come off, you can cause scarring. You may carefully use manicure scissors to clip any hanging skin. Today, and tomorrow you will probably want to avoid making any social plans.

Begin using a gentle cleanser today and a strong hydrating cream. Mukha's Collagen Elastin cream is a good hydrating cream. Do NOT use SPF or retinoids, retinol, acids, astringents or vitamin C. You must completely avoid the sun during this time. This is the last day you should use hydrocortisone to irritated areas.

Day 4:

The majority of peeling takes place between days 3 and 4. Continue with cleansing and moisturizing. Some areas will have completely peeled and other areas may have not peeled at all. This is normal.

Day 5:

Today you should use the pineapple enzyme scrub in the shower. Apply this to your skin after wetting, and leave on for five minutes to allow the steam to activate the enzyme in the scrub. Rinse off. Your skin may be tender for a few days. Continue to avoid sun exposure for the next two weeks. You may begin to wear SPF, if it is not irritating.

Day 7:

You may be seen today for a microdermabrasion treatment to remove the remaining flaking skin. Ease back into your skin care products. Wear sunscreen at all times following your microdermabrasion treatment.

Between week 1 and week 2:

You may resume waxing, tweezing or depilatory creams during this week. By the end of the second week you should be able to tolerate glycolic, salicylic, vitamin C, and retinol, retinoid products. You will notice your skin is pink for about one more week.

Kinerase offers a line of products called Pro+Therapy which are a great addition to your post peel regimen and can be used for up to six weeks post peel. Remember, daily sunscreen with an SPF of 30 is recommended to maintain your improved skin.

If you have questions at any time, please call the office at 614-799-5100.