



## POST PEEL INSTRUCTIONS

Recommended SkinMedica Products for Post-Peel Care: Facial Cleanser, Sensitive Skin Cleanser, TNS Ceramide Treatment Cream, Ultra Sheer Moisturizer, TNS Recovery Complex and Anhelios SPF and/or Elta SPF

**AFTER YOUR ILLUMINIZE PEEL®:** It is crucial to the health of your skin and the success of your peel that these guidelines be followed:

1. It is imperative to use a sunscreen with an SPF of at least 30 and avoid direct sunlight for at least 1 week.
2. Patients with hypersensitivity to the sun should take extra precautions to guard against exposure immediately following the procedure as they may be more sensitive following the peel.
3. Because of the superficial nature of this peel, patients should not expect to see visible peeling. Occasionally, some patients may have very minor flaking 3-4 days after the procedure.
4. Skin may appear slightly redder than usual for about 1 – 2 hours after the treatment. If neck and décolletage are treated, the redness might last slightly longer.
5. Skin should look normal the next day.
6. When washing the face, do not scrub, do not use a wash cloth. Use a soap-free cleanser such as SkinMedica Facial Cleanser or Sensitive Skin Cleanser.
7. After washing your face, apply SkinMedica TNS Ceramide Treatment Cream/Ultra Sheer Moisturizer or appropriate SkinMedica moisturizer recommended by your medical professional for 4-5 days and as often as needed to relieve any dryness.
8. The regular use of Retin-A, alpha hydroxy acid (AHA) products or bleaching creams can be resumed after 4-5 days after the peeling process is complete.
9. Wait until flaking or mild peeling completely subside before having ANY OTHER FACIAL PROCEDURES, including:
  - Facials
  - Microdermabrasion
  - Laser treatments (including laser hair removal)
  - Facial hair removal
  - BOTOX injections
  - Injectable fillers

***\*Call the office immediately if you have any unexpected problems after the procedure***

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**AFTER YOUR VITALIZE PEEL® REJUVENIZE PEEL™/PCA:** It is crucial to the health of your skin and the success of your peel that these guidelines be followed:

1. If retinoic acid was used as part of your treatment, your skin will have a light-yellow tinge immediately after the procedure. This is temporary and will fade in 1 to 2 hours. SkinMedica recommends waiting until the evening to wash your face, however if you should choose to wash it sooner, please wait until after the yellow tinge completely disappears (1 to 2 hours).
2. 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.
3. It is imperative that you use a sunscreen with an SPF of at least 30 and avoid direct sunlight for at least 1 week.
4. Patients with hypersensitivity to the sun should take extra precautions to guard against exposure immediately following the procedure as they may be more sensitive following the peel.
5. Your skin may be more red than usual for 2 to 5 days. **Please avoid: strenuous exercise, hot tubs, steam rooms or saunas (as heating internally can cause hyper-pigmentation), using a hairdryer on treated area, and tanning beds.** Tanning bed use should be discontinued due to the increased risk of skin cancer and signs of aging.
6. Approximately 48 hours after the treatment, your skin will start to peel. This peeling will generally last 2 to 5 days. **DO NOT PICK OR PULL ON ANY LOOSE OR PEELING SKIN.** This could potentially cause hyper-pigmentation. Allow skin to peel at its own pace.
7. When washing your face, do not scrub, do not use a wash cloth. Use a gentle cleanser such as SkinMedica Sensitive Skin Cleanser or any other cleanser that does not contain soap.
8. After washing your face, apply SkinMedica TNS Ceramide Treatment Cream appropriate SkinMedica moisturizer recommended by your medical professional for 4-5 days and as often as needed to relieve any dryness.
9. You may resume the regular use of Retin-A, alpha hydroxy acid (AHA) products or bleaching creams **ONLY** after the peeling process is complete.
10. Wait until peeling completely subsides before having ANY OTHER FACIAL PROCEDURES, including:
  - Facials
  - Microdermabrasion
  - Laser treatments (including laser hair removal)
  - Facial hair removal
  - BOTOX injections
  - Injectable fillers

***Call the office immediately if you have any unexpected problems after the procedure.***

