

ONE WEEK BEFORE VITALIZE AND REJUVENATE PEEL

You should avoid these products and/or procedures:

- Electrolysis
- Waxing
- Depilatory Creams
- Laser Hair Removal

3 DAYS BEFORE PEEL

You should avoid these products and/or procedures:

- Retin-A®, Renova®, Differin®, Tazorac®
- Any products containing retinol, alpha-hydroxy acids or beta-hydroxy acids, or benzoyl peroxide
- Any exfoliating products or procedures that may be drying or irritating

*The use of these products/treatments immediately prior to your peel may increase skin sensitivity and cause a stronger reaction.

CAUTION:

- If you have had medical, cosmetic facial treatments or procedures (e.g. laser therapy, surgical procedures, cosmetic filler, microdermabrasion, etc.) should wait until skin sensitivity completely resolves before receiving a Peel.
- If you have had toxin injections should wait until full effect of their treatment is seen before receiving a peel.

CONTRAINDICATIONS:

- Active cold sores, herpes simplex or warts in the area to be treated
- Wounded, sunburned, excessively sensitive skin
- Dermatitis and inflammatory rosacea
- Accutane use within the last year
- History of recent chemotherapy or radiation therapy (Patient should be cleared by the Oncologist)
- If you have a history of allergies (especially allergies to salicylates like aspirin), rashes, or other skin reactions, or those who may be sensitive to any of the components in the treatment
- Woman who are pregnant, planning to become pregnant or are breastfeeding
- If you have vitiligo

- If you have a history of an autoimmune disease (such as rheumatoid arthritis, psoriasis, lupus, multiple sclerosis, etc.) or any condition that may weaken their immune system.

POST PEEL INSTRUCTIONS

WHAT TO EXPECT:

Immediately after the peel and for up to 24 hours:

- Skin may be tight and more red than usual.
- Skin may feel tacky and have a yellow to orange tinge. This is temporary and will fade in a few hours.
- Patient should wait until bedtime before washing the face.
- Patient should avoid strenuous exercise starting the day of procedure and while the skin is peeling.

24 Hours after the peel and until peeling is complete:

- Skin may be tight up until it starts to peel.
- Peeling will generally start between 48-72 hours after the procedure and can last 2 to 5 days.
- **DO NOT PICK OR PULL THE SKIN.** Allow skin to peel at its own pace. (Premature peeling of the skin will result in dry, cracked, raw skin that may develop into post-inflammatory hyperpigmentation.)

AFTER CARE REGIMEN:

You should adhere to the following regiment for optimal post-peel care.

Cleanse: Use a gentle, soap-free cleanser. Do not scrub and/or use a wash cloth while the skin is peeling.

Moisturize: While the skin is peeling, you should apply moisturizer as often as needed to relieve any dryness and control the peeling.

Sun Protection: Apply Sunscreen Broad Spectrum SPF 30+ in the AM and throughout the day. Avoid direct sunlight for at least one week.

After Peeling Process is Complete:

You may resume the regular use of Retin-A®, retinol, alpha-hydroxy acids (AHA) products or bleaching creams ONLY after the peeling process is completed.

You should wait until peeling has completed before having ANY OTHER FACIAL PROCEDURES including:

- Facials
- Microdermabrasion
- Laser Treatment
- Facial Hair Removal
- Cosmetic Injections

Variations in Amount of Peeling:

The degree of peeling may vary depending on the individual's skin type and skin condition at the time of the peel. The success of the peel should not be determined by the amount of peeling, but by the end results that the peel will produce.

Reasons why some patients experience decreased visible peeling:

- Receiving peel for the first time.
- Severe sun damage (increased visible peeling should develop with subsequent peels)
- Having peels regularly with a short interval between peels
- Frequent users of Retin-A®, alpha-hydroxy acids (AHA) or other peeling agents prior to the peel treatment regardless of the degree of peeling, the skin is still sloughing off at an accelerated rate which will result in the improvement of skin tone and texture, and diminishment of fine lines and pigmentation.

Regardless of the degree of peeling, the skin is still sloughing off at an accelerated rate which will result in the improvement of skin tone and texture, and diminishment of fine lines and pigmentation.

SERIES OF PEELS:

For maximum results, you can repeat a peel every 4-6 weeks until desired results are achieved. Results are cumulative and maximum benefits are seen with a series of 3 or more peels.

SUNBURN ALERT:

Extra precautions should be taken to avoid sun exposure following the peel. It is recommended that you use a sunscreen product with an SPF of 30 or higher. We recommend limiting sun exposure for at least one week after the peel is performed.