

# Menter Cosmetic Institute

by Texas Dermatology Associates

3900 Junius Street, Suite 105

Dallas TX, 75246

(972) 386-7546 Ext. 255

## POST PEEL INSTRUCTIONS

### ***IMMEDIATELY AFTER PEEL AND UP TO 24 HOURS:***

Skin may be tight and more red than usual.

Skin may have a yellow tinge for a few hours.

DO NOT wash your face until the next day.

Avoid working out.

### ***24 HOURS AFTER THE PEEL AND AFTER PEELING IS COMPLETE:***

Skin may be tight until it begins to peel.

Peeling will start between 48 – 72 hours after procedure and can last 2 to 5 days.

DO NOT pick or pull the skin, allow skin to peel at its own pace.

### ***AFTER CARE INSTRUCTIONS:***

Cleanse: Use gentle soap and do not scrub or use a wash cloth.

Moisturize: Use recommended moisturizer as often as needed.

SPF: Apply daily sun protection SPF 30 or higher and avoid direct sunlight for a week.

You can start your regular skin care, topical medications and/or treatments ONLY after peeling process is completed.

### ***VARIATIONS IN THE AMOUNT OF PEELING:***

The degree of peeling may vary depending on the 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.

For maximum results, the Vitalize peel can be applied every 4 weeks apart until desired results are achieved. Results are cumulative and benefits are seen with a series of three or more peels.

Extra precautions should be taken to avoid sun exposure following the peel and to use a sunscreen of SPF 30 or higher every day.

## MICROPEN™ Post Treatment Instructions

### **Immediately**

Step 1: Using a damp gentle gauze or disposable cloth, pat down the treated area.

Step 2: Reapply a thin layer of hydrating serum.

Step 3: Apply soothing balm.

Step 4: Apply sunscreen.

### **Day 2 & 3**

Step 1: Cleanse skin with a gentle (anti-redness) cleanser.

Step 2: Apply a heavy moisturizer after cleansing.

Step 3: Apply sunscreen.

**\*Repeat as necessary throughout the day.**

**On day 4, you may resume your normal skin care regimen.**