

Facial Peel Pre-Treatment Instructions

For best results, it is advised to avoid sun exposure and the following products & procedures at least 1 week prior your treatment:

- Electrolysis
- Waxing
- Depilatory creams
- Laser hair removal
- Any exfoliating products
- Any products that may be drying or irritating, including products containing salicylic acid, alpha hydroxy-acids, vitamin C, hydroquinone, retinoids, and prescription medications.
- Shaving of the area to be treated

Facial Peel Post Treatment Instructions

For two days post procedure:

- Stay cool! Heating internally can cause hyperpigmentation.
- Do not put treated area directly into a hot shower spray.
- Do not use hot tubs, steam rooms, or saunas.
- Do not go swimming,
- Do not participate in activities that would cause excessive perspiration.
- Do not use loofahs or other means of exfoliation.
- Do not direct a hair dryer onto the treated area.

General guidelines:

- After receiving a chemical peel, the skin may look and feel like a mild windburn with itching, stinging, redness, heat and/or tightness for the next number of days. After 48 hours of a superficial peel, flaking may occur for 3 to 5 days which can easily be controlled with moisturizers. After 72 hours of a medium depth peel (such as a VI Peel), a more extensive exfoliation will occur for 3-7 days.
- 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.
- Avoid direct sun exposure and excessive heat. An SPF of 30 or greater MUST be used daily.
- Do not go to a tanning bed for at least two weeks post procedure. This practice should be discontinued due to increased risk of skin cancer and signs of aging.
- Do not pick or pull on any loosening skin. This could potentially cause hyperpigmentation.
- You may resume the regular use of retinoids, alpha-hydroxy acid, beta hydroxy acid, vitamin C, or bleaching creams ONLY after peeling process is complete.