

Pre-Treatment

Chemical Peel

PLEASE NOTE: Chemical peels *SHOULD NOT* be performed on people with active cold sores or warts, skin with open wounds, sunburn, excessively sensitive skin, dermatitis, or inflammatory Rosacea in the area to be treated.

You should not receive a chemical peel if you have an autoimmune disease, a history of allergies, rashes or other skin reactions, cancer, or may be sensitive to any components of this treatment.

1 WEEK BEFORE *and* DAY OF TREATMENT:

This professional resurfacing treatment is designed to improve the texture and overall appearance of the skin. Your participation in the pre- and post-care will determine the ultimate outcome and success of your treatment. It is important that you adhere to all instructions that your technician has provided to you.

- **Avoid waxing, electrolysis, laser hair removal, and depilatories** one week prior to treatment.
 - **Avoid products containing** Retinol, AHA's, BHA's, Vitamin C, or any exfoliating products (chemical or physical) that may be drying or irritating on the area to be treated for 5-7 days prior to treatment.
 - **Individuals who have had medical cosmetic facial procedures must wait** until skin sensitivity completely resolves before receiving a chemical peel.
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Post-Treatment

Chemical Peel

IMMEDIATELY FOLLOWING TREATMENT:

- Depending on the treatment, you may experience some redness in the treated areas similar to a sunburn. This usually resolves within 24-48 hours.
- Following treatment, your skin may feel dry and tight. You may apply a soothing, lightweight moisturizer to help alleviate this.
- For most individuals, a light flaking begins within 48 hours. Dark spots may appear darker before shedding off. Depending on the treatment, the shedding process typically subsides within 2-7 days.
- Lack of peeling or flaking does **NOT** indicate that the treatment was unsuccessful. There are various reasons as to why some people may not experience peeling, such as severe sun damage, receiving peels regularly, and frequent use of a Retinol, AHA, or exfoliating products. You are still receiving all the benefits of your treatment!
- Depending on the treatment performed and your individual skin health, some people experience prolonged redness, dryness, irritation, small whiteheads, flakiness, skin sensitivity, and in rare instances allergic reactions.

AFTER TREATMENT CARE:

It is crucial to the health of your skin and success of your treatment that these guidelines be strictly followed.

DO

- **Avoid direct sun exposure for at least 1 week.** In the days following, be adamant about applying a sunscreen. This is imperative in order to help heal and protect the skin.
- **Avoid strenuous exercise, excessively hot showers, steam rooms, jacuzzis, or participate in activities that would cause excessive perspiration** for at least 3-5 days, as your skin may be more sensitive after your treatment.
- **Wait 5 days or until all flaking and peeling is complete** before returning to your regular home care routine or having additional professional treatments.
- **Allow your skin to stabilize before applying makeup.** It is recommended to avoid the application of makeup the day of treatment. If necessary, a pure mineral makeup is the best option, such as Advanced Mineral Makeup.

Instructions continue on the following page

DO NOT

- **Do not pick or pull the skin**, as this may cause hyperpigmentation or scarring.
 - **Do not use** Retinol, AHA's, BHA's, Vitamin C, or any form of exfoliation (chemical or physical) for 5-7 days after your treatment.
 - **Do not wash your face immediately after treatment.** The night of and days following treatment, wash the treated area with a gentle cleanser, using tepid water only. A soothing, lightweight moisturizer may be applied.
 - **Do not scrub or use a washcloth** when cleansing, as your skin will be more sensitive.
 - **Do not go swimming** for at least 48 hours after treatment.
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One week after treatment, most patients notice that their skin is smoother and more radiant. Fine lines and wrinkles may appear less defined.

Results vary, but typically a course of 3-6 treatments is typically recommended, spaced 4-6 weeks apart.

*Call the office immediately if you experience sign on infection such as an **increase** in redness, warmth, itching, or pus formation. These signs typically show within 24-48 hours after treatment.*

FOLLOW-UP:

Please make an appointment with Lani in 1-2 weeks following your procedure for photos.