



Pre and Post-Treatment Instructions For Perfect Peel

Prior to Treatment

Before your Perfect Peel please observe the following:

- Avoid any **Retinol** (Retin-A/Tretinoin), hydroxy acids, or anti-aging product for **3 days prior to treatment**.
- Avoid prolonged **sun exposure 1-2 weeks prior** to the procedure. You should not have a sunburn or significant tan. If you must be in the sun, use a Zinc based SPF of at least 30+, and re-apply throughout the day. Avoid midday sun and wear a hat and glasses.
- On the day of treatment come to the office with a clean face. Do not apply any makeup or lotions.
- Please inform us if you have a history of cold sores/fever blisters or if you are a smoker. We will need to discuss this prior to treatment.
- Avoid any electrolysis, waxing, depilatory creams, and laser hair removal in the treatment area **2 weeks prior**.
- You should not receive the perfect peel if you have active cold sores, warts, open wounds, active sunburn, excessively sensitive skin, dermatitis, vitiligo, pregnancy, breastfeeding, or other inflammatory skin condition in the treatment area.
- The Perfect Peel is not recommended if you have taken Accutane, or had chemotherapy, or radiation within the past **12 months**.
- All skin types react differently to peels such as the perfect peel. Over the course of 2 weeks after the application, you may experience any combination of the following symptoms: dryness, tingling, tightness, flaking, peeling, redness, irritation bumps, and darkening and crusting of pigment spots. Please contact our office if you have any questions.

Day of the Procedure

- Please remove any contact lenses and pull your hair back and away from your face
- Wear loose-fitting comfortable clothing
- Bring a large hat to protect your skin when you exit the office

Day 1-2

- **NOTE- NOT ALL PATIENTS WILL HAVE PEELING, THIS IS NOT AN INDICATOR FOR RESULTS.**
- Avoid excessive sweating, saunas, or heavy exercise during the peeling process as it may cause irritation
- The day of the peel application is **Day 1** Immediately after the treatment the peel solution does stay on the skin, the skin may feel tight and may appear slighter darker or yellow/orange in color
- During the **first 6 hours** do not wash, touch, rub, or apply makeup or any other skincare products to the treated area
- If you are not experiencing any irritation or discomfort, the peel solution can remain on until your evening cleansing or may be left on overnight for a deeper peel
- **Day 2(AM):** Gently wash with Skinceuticals Gentle Cleanser or Osea Ocean Cleanser or Cleansing Milk and then dry the treated area gently
- Vigorously apply the 1st post peel Towelette to the treated area. Let this solution dry thoroughly. Wait for at least 30 minutes and then apply Mineral Perfection SPF from your kit. Makeup can be applied at this point if desired.
- **Day 2 (PM):** 30-60 minutes before bedtime, gently wash with the above cleanser and dry the treatment area. Then apply the 2nd post peel towelette. Leave the solution on overnight.
- You want to try and refrain from using any moisturizer on the skin until day 3 or when the peeling starts. The exception to this is if the skin feels excessively irritated or you are instructed to do so by your skincare professional. You can also apply a cold compress against irritated skin for relief.

Day 3-5 (Peeling generally begins on Day 3)

- Do not use any moisturizing products on the treated area until the peeling begins (usually Day 3)
- After peeling begins, apply the Perfect Peel moisturizer (which is included in the post-peel take-home kit) to the peeling areas 2-3 times a day to help alleviate tightness.
- The moisturizer should be used for at least 1 week post the peel application. If your skin is sensitive or you have Asian, Hispanic, or African American Heritage it should be used for 2 weeks.
- If your Perfect Peel Moisturizer runs out it can be substituted with a small amount of hydrocortisone cream 1% or 2.5%. This can be purchased OTC at any drugstore.
- If your skin is extremely dry, please reach out and we can also recommend a bio-cellulose mask or protective balm.
- Do not rub, pick, or pull on the peeling skin, let the peeling occur naturally. Rubbing, picking, or pulling can cause scarring. You may cut hanging skin with a pair of small nail scissors.
- Continue washing the skin both AM and PM with the cleansers listed above
- Continue to apply the Perfect Peel moisturizer every 2-3 hours to help with discomfort/tightness as needed
- Mineral Perfection SPF should be applied daily every AM and every 2 hours during sun exposure.

Day 6-10 (The peeling process is generally complete)

- Mild sloughing will continue and should subside by 1 week
- Once the peeling is discontinued you may resume the use of your normal anti-aging skin care products
- If the treated area becomes irritated, wait until the sensitivity subsides prior to starting clinical skincare products
- Continue to protect your skin with a sunscreen containing at least SPF 30

Post Series Treatments

- A series of 3 treatments spaced out every 4 weeks is recommended for optimal clinical results
- HydraFacial/Diamond Glow/Dermaplaning facials are highly recommended every 3 months to enhance your results. Our staff will make sure you have a customized care plan.

Please call the office if you experience any of the following:

- If you are uncertain and have questions
- Pain that is not relieved by Tylenol
- Indication of infection (redness, tenderness, pus)

If it is after hours and we cannot be reached, please contact urgent care services, or in the event of an emergency call 911

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