



MEDICAL + AESTHETIC DERMATOLOGY

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Chemical Peels Pre-Treatment Instructions

Vitalize Peel Rejuvenize Peel

PURPOSE: The SkinMedica Peels range from very superficial to superficial, designed to improve the texture and appearance of your skin.

PATIENTS WHO SHOULD NOT BE TREATED:

- Patients with active cold sores or warts, skin with open wounds, sunburn, excessively sensitive skin, dermatitis or inflammatory rosacea in the area to be treated. Inform the esthetician if you have any history of herpes simplex
- Patients with 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 this treatment
- Patients who have taken Accutane within the past year
- Patients who are pregnant or breastfeeding (lactating)
- Patients who have received chemotherapy or radiation therapy
- Patients with vitiligo
- Patients with a history of an autoimmune disease (such as rheumatoid arthritis, psoriasis, lupus, multiple sclerosis, etc.) or any condition that may weaken their immune system

ONE WEEK BEFORE YOUR SKINMEDICA PEEL AVOID THESE PRODUCTS AND/OR PROCEDURES:

- Electrolysis
- Waxing
- Depilatory Creams
- Laser Hair Removal
- Patients who have had Botox injections should wait until full effect of their treatment is seen before receiving a SkinMedica Peel

TWO TO THREE DAYS BEFORE YOUR SKINMEDICA PEEL AVOID THESE PRODUCTS AND/OR PROCEDURES:

- Retin-A, Renova, Differin, Tazorac
- Any products containing retinol, alpha -hydroxy acid (AHA) or beta-hydroxy acid (BHA), or benzoyl peroxide
- Any exfoliating products that may be drying or irritating
- Patients who 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 SkinMedica Peel

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

ADVERSE EXPERIENCES THAT MAY OCCUR AFTER YOUR SKINMEDICA PEEL:

It is common and expected that your skin will be red, possibly itchy and/or irritated. It is also possible that other adverse experiences (side effects) may occur. Although rare, the following adverse experiences have been reported by patients after having a SkinMedica Peel: skin breakout or acne, rash, swelling, and burning.

Call the office immediately if you have any unexpected problems after the procedure.

FOR VITALIZE PEEL/REJUVENIZE PEEL:

Although most people experience peeling of their facial skin, not every patient notices that their skin peels after a Vitalize Peel procedure. Lack of peeling is NOT an indication that the peel was unsuccessful. If you do not notice actual peeling, please know that you are still receiving all the benefits of the Vitalize Peel, such as: stimulation of collagen production, improvement of skin tone and texture, and diminishment of fine lines and pigmentation.

There are a number of reasons why a patient may not have peeling or may experience minimum peeling. The reasons may include:

- Having peels regularly with a short interval between peels
- Frequent use of Retin-A, AHA, or other peeling agents prior to the Vitalize Peel treatment
- Severe sun damage

Proper skin evaluation by your skin care professional prior to your peel is important and will help predict the outcome of your peel.

Chemical Peels Post-Treatment Instructions

Recommended SkinMedica Products for Post-Peel Care: Facial Cleanser, Sensitive Skin Cleanser, TNS Ceramide Treatment Cream, Ultra Sheer Moisturizer, TNS Recovery Complex and Environmental Defense Sunscreen SPF 30+

AFTER YOUR VITALIZE PEEL / REJUVENIZE PEEL:

It is crucial to the health of your skin and the success of your peel that these guidelines be followed:

1. If retinoic acid was used as part of your treatment, your skin will have a light yellow tinge immediately after the procedure. This is temporary and will fade in 1 to 2 hours. SkinMedica recommends waiting until the evening to wash your face, however if you should choose to wash it sooner, please wait until after the yellow tinge completely disappears (1 to 2 hours).
2. It is imperative that you use a sunscreen with an SPF of at least 30 and avoid direct sunlight for at least 1 week.
3. Patients with hypersensitivity to the sun should take extra precautions to guard against exposure immediately following the procedure as they may be more sensitive following the peel.
4. Your skin may be more red than usual for 2 to 5 days. Please avoid strenuous exercise during this time.
5. Approximately 48 hours after the treatment, your skin will start to peel. This peeling will generally last 2 to 5 days. **DO NOT PICK OR PULL THE SKIN.** Allow skin to peel at its own pace.
6. When washing your face, do not scrub, do not use a wash cloth. Use a gentle cleanser such as SkinMedica Sensitive Skin Cleanser or any other cleanser that does not contain soap.
7. After washing your face, apply SkinMedica TNS Ceramide Treatment Cream appropriate SkinMedica moisturizer recommended by your medical professional for 4-5 days and as often as needed to relieve any dryness.
8. You may resume the regular use of Retin-A, alpha hydroxy acid (AHA) products or bleaching creams **ONLY** after the peeling process is complete.
9. Wait until peeling completely subsides before having **ANY OTHER FACIAL PROCEDURES**, including:
 - Facials
 - Microdermabrasion
 - Laser treatments (including laser hair removal)
 - Facial hair removal
 - Botox injections
 - Injectable fillers

**Call the office immediately if you have any unexpected problems after the procedure.*

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