

# ULTIMATE BEAUTY, HEALTH & WELLNESS

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## CHEMICAL PEEL INSTRUCTIONS

Please follow the instructions below to prepare for your treatment. Your compliance with your pre- and post-peel instructions will greatly affect the outcome of your treatment.

### Before treatment:

1. Refrain from these activities for 3 days prior to your treatment:

- Do not have another treatment, unless recommended.
- Avoid any skin irritants, including retinoids and retinol, glycolic and salicylic acids, benzoyl peroxide, astringents and Vitamin C.
- Do not wax, tweeze or use depilatory creams.
- Do not tan.

### After treatment:

**Day 1:** Rinse off the peel the next morning using your fingertips and cool water. Do not apply anything else to the skin. Your skin will appear sunburned today and will continue to look redder as the day continues. It will begin to feel tight like you have a sunburn. You may also experience itching or mild burning as the peel penetrates deeper into the skin. You can help to alleviate this sensation by taking benadryl or zantac (for itching) and Tylenol (for discomfort), as needed. You will want to avoid wearing makeup or tight fitting glasses for the first day or two. Pressure from the nosepiece may cause deepening of the peel in that area.

**Day 2:** Your skin will continue to feel very tight. The top layers of skin are dehydrating. You will look like you have an uneven sunburn/tan. You may still feel comfortable in public today. By the end of the day your skin may begin to flake, usually starting between your eyes, around your mouth and nose. Sun-damaged spots may turn darker prior to peeling. Rinse your face with water today. Use only your hands. Cool or tepid water generally feels best. Do not use a cleanser or moisturizer. DO NOT PEEL THE SKIN. If any area is irritated, you may use a small amount of Aloe Gel today as needed. If the itching is severe you may use hydrocortisone cream.

**Day 3:** Your skin will flake, peel and feel very tight today. DO NOT peel the skin at any time. If you were to peel skin that is not ready to come off, you could cause scarring. You may carefully use manicure scissors to clip any hanging skin. Today and tomorrow you may want to avoid making social plans. Begin using a gentle cleanser today in the AM, and a strong hydrating cream frequently. Do NOT use SPF or retinoids, retinol, acids, astringents or Vitamin C. You must try to avoid direct sunlight or prolonged sunlight during this time. You may continue to use the Aloe Gel as needed. This is the last day you should use hydrocortisone to irritated areas.

**Day 4:** The majority of peeling takes place between days 3 and 4. Use gentle cleanser in the AM and Aloe Lotion whenever your skin feels dry or flaky. Some areas will have completely peeled and other areas may have not peeled at all. This is normal.

**Day 5:** Your skin may be tender for a few days. You may exfoliate the skin with a gentle Scrub to remove any remaining skin that has not peeled. Continue to use gentle cleanser and Aloe Lotion to hydrate skin. Continue to avoid sun exposure for the next two weeks. You may begin to wear SPF, but only if it is not irritating.

### After week 2:

You may resume waxing, tweezing or depilatory creams during this week. By the end of the second week you should be able to tolerate glycolic, salicylic, Vitamin C, and retinol or retinoid products. You will notice your skin is pink for about one more week. Remember, daily sunscreen with an SPF of 30 is recommended to maintain your improved skin.