Paige C. Holt, MD • Glori Traeder, CNP
Plastic Surgery & Aesthetics

PRE – TREATMENT INSTRUCTIONS

Discover the secret to your most radiant complexion

Date & Time_____
Peel Procedure_____

Please schedule peel procedures 3-4 weeks before important events (wedding, anniversary, family portrait, etc.)

One week before peel

Avoid these products and/ or procedures:

- Electrolysis
- Waxing
- Depilatory Creams
- Laser Hair Removal

If you have a history of cold sores, fever blisters and/ or herpes; contact our office for an anti-viral medication prescription. Begin this medication the day of the peel, continue as directed.

Avoid active indoor or outdoor tanning

Three – Five Days Before Peel
Avoid these products and/ or procedures:

- Retin- A, Refissa®, SkinMedica Retinol Complex, Differin®, Tazorac,® Tretinoin
- Any product containing retinol, AHA or BHA, or benzoyl peroxide
- Any exfoliating products or procedures that may be drying or irritating

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

Day of Peel

Do not wear contact lenses
Do not wear make-up, false eyelashes, or jewelry
Wear comfortable clothing
Drink plenty of water prior to the peel

Please contact the office if you have any questions
(217) 214- 8282

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