

CHEMICAL PEEL AFTERCARE REGIMEN

IN ORDER TO ENSURE OPTIMAL RESULTS OF YOUR TREATMENT,
PLEASE FOLLOW THESE INSTRUCTIONS.

WHAT TO EXPECT IMMEDIATELY AFTER THE PEEL:

- Skin may be tight and more red than usual
- Skin may feel tacky and have a yellow to orange tinge
 - This is temporary and will fade in a few hours
- Wait at least 4-6 hours to wash your face, dry gently
- Drink plenty of water; 4- 6 glasses
- Avoid strenuous exercise on the day of the procedure and while peeling

WHAT TO EXPECT THE WEEK FOLLOWING PEEL:

- Peeling will generally start 48-72 hours after the procedure and can last 5 days, usually starting around the nose and mouth
- Your skin may feel dry, flaky then begin to peel
- You may have swelling, this will resolve. Continue to moisturize frequently,
 - apply ice, and drink plenty of water. Call the office if concerned
- Discoloration or imperfections may temporarily be more noticeable
 - This will resolve as the dead skin exfoliates away
- Stay hydrated. Reapply Aquaphor, moisturizer and SPF as often as needed

THE DEGREE OF PEELING MAY VARY DEPENDING ON YOUR SKIN TYPE AND SKIN CONDITION AT THE TIME OF THE PEEL. THE SUCCESS OF THE PEEL SHOULD NOT BE DETERMINED BY THE AMOUNT OF PEELING, BUT BY THE END RESULTS THAT THE PEEL WILL PRODUCE.

REASONS WHY SOME EXPERIENCE DECREASED VISIBLE PEELING:

- Receiving a peel for the first time
- Severe sun damage
- Having peels regularly with a short interval between peels
- Frequent use of Retin-A products, alpha-hydroxy acids (AHA) or other potent peeling agents prior to the peel treatment

IF YOU DO NOT NOTICE ACTUAL PEELING, PLEASE KNOW THAT YOU ARE STILL RECEIVING ALL THE BENEFITS OF THE PEEL, SUCH AS: UNCLOGGING OF PORES, STIMULATION OF COLLAGEN PRODUCTION, INCREASED CELL TURNOVER, IMPROVEMENT OF SKIN TONE AND TEXTURE, AND DIMINISHMENT OF FINE LINES, WRINKLES AND DARK SPOTS.

AFTER ALL PEELING AND FLAKING RESOLVES RESUME USUAL SKIN CARE ROUTINE INCLUDING:

- Jan Marini Skin Research, Revision Skincare, SkinMedica and SkinCeuticals.
 - If burning, irritation or redness occur when reintroducing your skincare PLEASE DISCONTINUE. Reach out to our office for personalized regimen tips
- Return for follow-up appointment (sooner, or as needed)
- Keep up your skin care regimen!
- Maximum benefits are seen with a series of 3 or more peels. Results are cumulative
- Most peels may be performed every 3-6 weeks until desired results are achieved



Do's

Please follow these instructions one week following your peel for optimal results:

- Contact the office if you have any swelling, itching or any concerns.
- Protect your skin with sunscreen (*broad spectrum SPF 30 or greater*) daily
 - Reapply throughout the day as needed and avoid direct sunlight.
- Use a gentle, soap-free cleanser AM & PM.
 - *Example: EltaMD Foaming Cleanser, SkinCeuticals Cleansers, SkinMedica Facial Cleanser, Cetaphil Wash*
- If your skin is peeling, do not scrub or use a washcloth; dry gently.
- Apply a gentle moisturizer as often as needed to relieve dryness and help control peeling
 - *Example: EltaMD or Cetaphil lotion*
- For itchy areas, consider using over-the-counter Hydrocortisone cream combined in equal parts with mild moisturizer. *Call the office if concerned.*
- Use Aquaphor ointment to moisturize dry areas or for the entire face. Use for red, irritated, peeling areas – keep handy
 - *Don't forget lips and corners of mouth*
- Liquid make-up is easier to use the week following the treatment (*great for easy touch-ups during the day*)
- Apply cold compresses or ice packs as needed to relieve heat
 - *suggestion: freeze a wet washcloth*

Do Not's

To ensure the proper healing environment, for one week following the treatment:

- DO NOT PICK OR PULL THE SKIN. Allow skin to peel at its own pace.
 - *Premature peeling of the skin will result in dry, cracked, raw skin that may develop into post-inflammatory hyperpigmentation*
- Do NOT use anything perceived as "active" skincare or anything exfoliating...
IF THESE PRODUCTS ARE PART OF YOUR DAILY SKINCARE ROUTINE DISCONTINUE ONE WEEK:
 - Lactic/Malic/Citric acids
 - Vitamin C & E
 - Retinol, Retin-A, Tretinoin (*Vitamina*)
 - Salicylic & Glycolic acid
 - Facial Scrubs
 - Powered cleansing brushes
 - Benzyl Peroxide
 - Hydroquinone
 - Self-Tanning Lotions
 - Jan Marini System Steps 1, 2, 3
 - Marini Luminare MD
 - Age Intervention Duality MD
 - Lytera 2.0 or Even & Correct
 - Bleaching Creams
- Do not go swimming for at least 24 hours post-treatment.
- Avoid direct sunlight for at least 1 week
 - Make using a sunscreen a long term part of your daily routine
- Avoid Jacuzzi, sauna, or steam baths until the skin is healed

When Am I Able To Do Other Treatments?

- If you are planning on receiving Botox or Dysport injections, make sure you give yourself 48 hours prior to a chemical peel or 10-14 days after a chemical peel
- If you are planning on receiving facial fillers (like Juvéderm, Restylane & Sculptra), wait at least 2 weeks before or after a chemical peel
- Wait at least 1 month before or after laser treatments, microneedling, chemical peels, Hydrafacials, dermaplaning or microdermabrasion treatments.

