

## Chemical Peel Post-Procedure Instructions

- Illuminize Peel®       Vitalize Peel®       Rejuvenize Peel™

1. Please leave the peel product on until tomorrow morning unless otherwise directed. If you received a Vitalize Peel today, your skin may have a yellowish tint that will slowly absorb. Tomorrow morning you may wash your face with a gentle cleanser. Follow with a rich moisturizer, and a high SPF sunscreen.

Initially following your peel, your skin might feel tight and possibly even a little itchy. Do not scrub it or use any exfoliating products (such as those containing retinols, glycolic, salicylic, or alpha/beta hydroxy acids) or a Clarisonic brush until after completely done peeling. Peeling can be controlled with moisturizers. In order to avoid scarring or rashes, **do not pick or pull the skin.**

Recommended products:

Cleanser \_\_\_\_\_  
Moisturizer \_\_\_\_\_  
Sunscreen \_\_\_\_\_

2. Sun avoidance following your treatment is critical. It is best to avoid direct sunlight during the peeling process until it is completely resolved. 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.
3. An **Illuminize Peel** produces immediate results and can be repeated in as soon as 2 weeks.

If you received a **Vitalize Peel** today, your skin will begin to peel about 2-3 days following your treatment. Peeling will begin in the center of the face, and is generally significant. Peeling will continue for about 3-5 days. A stronger treatment might cause a second peeling, or a longer peeling process of up to 7-10 days. Your next Vitalize Peel can be scheduled in no less than 4 weeks.

If you received a **Rejuvenize Peel** today, your skin may look and feel like a mild windburn for the next 2-3 days prior to peeling. After approximately 48 hours, a slight flaking may occur which can generally last 2-7 days.

4. Refrain from vigorous activities for the first day of the peel.
5. You may resume use of topical prescriptions on your face no less than 7 days following your treatment.
6. You may resume use of serums (such as TNS Recovery Complex) when your skin is no longer peeling significantly (usually day 3-5). After one week, the skin should look clearer and smoother and the use of regular skin care products can resume.
7. Refrain from having any other facial procedures (facials, microdermabrasions, laser treatments, laser hair removal, Botox, dermal fillers) until the peeling cycle is complete. A peel can be followed up with a microdermabrasion treatment at least 7 days following the peel. Microdermabrasion is a great way to remove any stubborn skin cells and smooth out your complexion.
8. A series of 4 peels is the best way to achieve your skin resurfacing goals.

**If you have any questions or concerns regarding your treatment, please call our office.**