

# Body+Beauty Lab®

## MEDICAL PEEL

### PRE-TREATMENT CARE:

- Avoid sun exposure before treatment. Sunburned skin cannot be treated.
- If you have a history of perioral herpes, advise office so you may begin prophylactic antiviral therapy the day before treatment.
- Schedule this treatment at a time when minor swelling or peeling will not disrupt your social obligations.

### THREE DAYS BEFORE TREATMENT:

- Do not bleach, wax, tweeze or use depilatory creams in the treatment area.
- Discontinue use of Retinoid (Retin-A®, Tazorac®, Differin®, etc.) and Hydroquinone products.
- Discontinue use of 10% or higher Alpha Hydroxy Acids, Glycolic Acids, and exfoliants.

### DAY OF TREATMENT:

- Do not apply lotions, creams, makeup or deodorant in the area to be treated.
- Arrive with clean washed skin.
- Inform provider of any changes in medical history and of all medications you are taking.

### POST-TREATMENT CARE:

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

1. It is imperative to use a sunscreen with at least an SPF 30 and avoid direct sunlight for at least 1 week.
2. 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 1-2 hours. Wait 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.
3. Clients 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. Depending on the nature and intensity of the chemical peels, clients may not expect to see visible peeling. For lighter peel, occasionally some clients may have minor flaking 3-4 days after the procedure. For more intense peels, approximately 48 hours after the treatment your skin will start to peel. This peeling will generally last 2-5 days. **DO NOT PICK OR PULL THE SKIN.** Allow skin to peel at its own pace. Keep skin moisturized.
5. Skin may appear slightly redder than usual for about for several hours after the treatment. If neck and décolletage are treated, the redness might last slightly longer. For stronger peels, skin may be possibly swollen and more red than usual for 2-5 days. Avoid strenuous exercise during this time. Use Tylenol only as needed for any soreness. May use a cool compress after 46 hours if excessive discomfort, burning, redness or swelling.

6. Depending on the nature and intensity of the chemical peels, skin may look normal the next day.
7. When washing the face, do not scrub and do not use a wash cloth. Use a gentle facial cleanser with cool water.
8. After washing your face, apply appropriate serums and moisturizer recommended by your medical aesthetician professional for 4-5 days as often as needed, to relieve any dryness.
9. The regular use of Retin-A®, Alpha Hydroxy Acid (AHA) products or bleaching creams can be resumed ONLY after 4-5 days with lighter peels and ONLY after the peeling process is complete with more intense peels.
10. Wait until flaking or mild peeling completely subsides before having ANY OTHER FACIAL PROCEDURES, including:
  - Facials
  - Hydrafacials
  - Laser treatments (including laser hair removal)
  - Facial hair removal
  - Botox®/Zeomin®/Dysport® injections
  - Injectable fillers