



PROGRESSIVE SKIN PEEL- MODERATE & INTENSE

Post-Peel Instructions

During the skin peel procedure you will experience some discomfort or stinging along with a warm flushing or burning sensation. The severity depends on you skin's own sensitivity and symptoms usually subside after the peel is removed or neutralized.

After the peel, you may experience mild to extreme redness, warmth, local swelling, stinging, or tenderness. Over the counter pain relievers may be helpful. Other possible symptoms may include; lightening or darkening of the skin, pimples or a bumpy appearance. Mild to moderate flaking usually occurs in **two to three (2-3) days** and may continue for up to **seven (7) to ten (10) days**, however each individual is different. ***Please call if you have any unusual swelling, blistering, itching, or any other questions or concerns.***

Your skin will be more vulnerable. The risk of getting sunburned following a treatment increases dramatically. You must avoid all sun exposure. Do not exposure your skin to chlorine or saltwater. Any substance that is applied post-treatment is absorbed very quickly and deeply. Use only the products recommended post-peel on your skin.

Today (____/____/____) you had: Moderate Progressive Skin Peel Intense Progressive Skin Peel

POST-TREATMENT SKIN REGIMEN

DAY	MODERATE PROGRESSIVE SKIN PEEL	INTENSE PROGRESSIVE SKIN PEEL
1 DAY OF PEEL	<ul style="list-style-type: none"> ▪ Do nothing to your skin following treatment. Do not cleanse your skin. Allow peel products to remain on your skin overnight. ▪ You must stay indoors and avoid sun and heat exposure and any strenuous activity. ▪ The skin may feel hot or burning and tight and you may experience some mild discomfort. ▪ Other instructions: 	<ul style="list-style-type: none"> ▪ Your skin may be a frosted white color for the first few hours and then it will become pinker and eventually quite red. The skin will feel very tight and dry. It may feel hot and burning. This is normal. ▪ You must stay indoors and avoid sun and heat exposure and any strenuous activity ▪ Keep the skin moist by spraying it with cool water several times throughout the day. This will relieve tightness and encourage live cell build up. ▪ If swelling becomes too uncomfortable, the application of cool compresses may be helpful. ▪ May apply a post-peel occlusive ointment. ▪ Other instructions:
2	<ul style="list-style-type: none"> ▪ The skin may be darker in color and will be dry and tight. ▪ Do not touch your face and force the removal of loose skin! This activity can result in INFECTION and/or SCARRING! ▪ Begin using products in post-peel kit: <ol style="list-style-type: none"> 1. Mild cleanser, if tolerated. 2. Growth Factor 3. B5 complex for added moisture, if desired. 4. Post-peel occlusive ointment as needed. 5. If leaving home, apply an SPF of 30. ▪ Other instructions: 	<ul style="list-style-type: none"> ▪ The skin may be darker in color and will be dry and tight. ▪ Do not touch your face and force the removal of loose skin! This activity can result in INFECTION and/or SCARRING! ▪ Do very little to the skin. Follow same regimen as day one. ▪ May apply a post peel occlusive ointment several times as needed throughout the day. ▪ If leaving home, apply an SPF of at least 30. ▪ Other instructions:

PROGRESSIVE SKIN PEEL – MODERATE & INTENSE

Post-Peel Instructions *continued*

DAY	MODERATE PROGRESSIVE SKIN PEEL	INTENSE PROGRESSIVE SKIN PEEL
3-7	<ul style="list-style-type: none"> ▪ The skin will begin peeling. It may change to a brown color; this is normal and will slough away ▪ If experiencing severe irritation, you may apply a topical 1% hydrocortisone product ▪ You may begin applying mineral make-up as desired. ▪ Continue using products in post peel kit until your skin has stopped peeling. ▪ Resume previous skin care routine as instructed by your technician. ▪ Mineral make-up may be applied day 3. ▪ Refrain from Botox, collagen or other tissue filler injections for at least fourteen (14) days. ▪ Other instructions: 	<ul style="list-style-type: none"> ▪ The skin will begin peeling. It may change to a brown color; this is normal and will slough away. ▪ If experiencing severe irritation, you may apply a topical 1% hydrocortisone product ▪ Begin using products in post-peel kit as follows: <ol style="list-style-type: none"> 1. Mild cleanser, if tolerated. 2. Growth Factor 3. B5 complex for added moisture, if desired. 4. Post-peel occlusive ointment as needed. 5. If leaving home, apply an SPF of 30. ▪ Continue using products in post peel kit until your skin has stopped peeling. ▪ Mineral makeup may be applied day 5. ▪ Follow-up visit one week after peel. ▪ Refrain from Botox, collagen or other tissue filler injections for at least fourteen (14) days. ▪ Other instructions:
8-14	<ul style="list-style-type: none"> ▪ Do not use glycolic, alpha hydroxy acid, salicylic acid, retinol, benzoyl peroxide or topical acne medications until instructed by your technician. If you are receiving a series of treatments, do not resume any of these products until after you have completed your last peel treatment. ▪ Do not use prescription retinoid products (Retin A, Renova, Tretinoin, Avita, Alustra or other brands of Tretinoin) and other prescription retinoid products (Adapalene, Avage, Differin, Tazorac, Tazarotene) until instructed by your technician. ▪ Refrain from waxing, electrolysis or other hair removal methods for thirty (30) days. Upon resumption, please notify your technician that you recently had a skin peel. ▪ Other instructions: 	<ul style="list-style-type: none"> ▪ Do not use glycolic, alpha hydroxy acid, salicylic acid, retinol, benzoyl peroxide or topical acne medications until instructed by your technician. If you are receiving a series of treatments, do not resume any of these products until after you have completed your last peel treatment. ▪ Do not use prescription retinoid products (Retin A, Renova, Tretinoin, Avita, Alustra or other brands of Tretinoin) and other prescription retinoid products (Adapalene, Avage, Differin, Tazorac, Tazarotene) until instructed by your technician. ▪ Refrain from waxing, electrolysis or other hair removal methods for thirty (30) days. Upon resumption, please notify your technician that you recently had a skin peel. ▪ Other instructions:

NEXT TREATMENT RECOMMENDATION: _____
