



# SkinMedica® Peel Care Instructions

When undergoing SkinMedica® Peels, it is important to follow all before and after care instructions. Failure to do so, may result in unwanted side effects and/or decrease the efficacy of treatment.

## BEFORE CARE INSTRUCTIONS

### ONE WEEK BEFORE YOUR SKINMEDICA® PEEL AVOID THESE PRODUCTS AND/OR PROCEDURES:

- Electrolysis
- Waxing
- Depilatory Creams
- Laser Hair Removal
- Patients who have had BOTOX® injections should wait until full effect of their treatment is seen before receiving a SkinMedica® Peel

### TWO TO THREE DAYS BEFORE YOUR SKINMEDICA PEEL AVOID THESE PRODUCTS AND/OR PROCEDURES

- Retin-A®, Renova®, Differin®, Tazorac®
- Any products containing retinol, alpha -hydroxy acid (AHA) or beta-hydroxy acid (BHA), or benzoyl peroxide
- Any exfoliating products that may be drying or irritating

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

## WHAT TO EXPECT AFTER TREATMENT

Immediately after treatment your skin will be slightly red/pink and can have a yellow tinge and feel tacky. This is temporary and will fade in a few hours. Your skin may be tight and more red than usual for up to 24 hours. Patient should wait until bedtime before washing the face. Avoid strenuous exercise starting the day of the procedure and while the skin is peeling. Peeling will generally start between 48-72 hours after the procedure and can last 2 to 5 days. **DO NOT PICK OR PULL THE SKIN.** Allow skin to peel at its own pace (Premature peeling of the skins will result in dry, cracked, raw skin that may develop into post-inflammatory hyperpigmentation or darkening of the skin).

Although most people experience peeling of their facial skin, not every patient notices that their skin peels after a Vitalize Peel procedure. Lack of peeling is NOT an indication that the peel was unsuccessful. If you do not notice actual peeling, please know that you are still receiving all the benefits of the Vitalize Peel® such as: stimulation of collagen production, improvement of skin tone and texture, and diminishment of fine lines and pigmentation.

## AFTER CARE INSTRUCTIONS

- Leave on finishing solution until bedtime for best results
- Rinse gently (with water only) and pat dry. Do not rub
- **DO NOT PICK OR PULL THE SKIN**, as scarring can result
- Avoid harsh cleansers or washcloths

- Patients with hypersensitivity to the sun should take extra precautions to guard against exposure immediately following the procedure as there may be more sensitivity following the treatment
- Do not have any other facial treatment for at least two weeks after your peel
- Follow the Daily Skin Care Routine as provided to you

For best results, we recommend the following skin care regime:

- Cleanse your face with a gentle, non-soap cleanser and pat dry.
- Moisturize often while the skin is peeling to relieve any dryness and control the peeling.
- Sun protection is a must!! Apply daily and reapply if prolonged sun exposure or sweating.

## RECOMMENDED PRODUCTS

For the best outcome, we recommend using our proprietary line of products, designed specifically for use in patients post-procedure.

Vitality Skin Cleanser  
Replenish Daily Moisturizer  
HydroDefense SPF 40

*Eskin*MD  
dermaceuticals

### **You MUST avoid any of these products until your skin has fully healed from the peel.**

- Retin-A®, Renova®, Differin®, Tazorac®
- Any products containing retinol, alpha -hydroxy acid (AHA) or beta-hydroxy acid (BHA), or benzoyl peroxide
- Any exfoliating products that may be drying or irritating

Failure to do so, can result in adverse effects such as increased and prolonged redness, blistering of the skin, itching, pain, swelling and possibly scarring.

Call the office at 562.431.7779 or email at [timedaesthetics@gmail.com](mailto:timedaesthetics@gmail.com) with any concerns or questions. The physician may be reached after hours through this number for any urgent matters.

Notify the office immediately if you have severe redness, swelling, blistering, burns, ulcers, pain or signs of infection.