

## Post-Peel Instructions

The information provided should be followed by all patients receiving a Vitalize Peel™ treatment to ensure the health of your skin and the success of your peel.

If Retinoic Acid is 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 to 2 hours. It is recommended to 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 (1 to 2 hours).

The skin may look and feel like a mild windburn for the next two or three days prior to the peeling. **After approximately 48 hours a sloughing / flaking / shedding of the skin may occur, which can generally last 2 to 5 days.** DO NOT PICK OR PULL THE SKIN. Peeling can easily be controlled with a moisturizer (which will be provided to you). When washing your face, do not scrub. Use a gentle cleanser (which will be provided to you) which does not contain soap, daily.

Sunburn Alert: This procedure utilizes salicylic acid, lactic acid and may include retinoic acid, any of which may increase the skin's sensitivity to the sun and particularly the possibility of sunburn. It is recommended using a sunscreen of at least SPF 20 and limiting sun exposure during the peel process for at least a week afterwards. 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.

Many ingredients in foundation are greasy, fragranced and can be irritating, therefore foundation should not be worn after the peel or during the days when the skin is actually peeling. Avoid the sun, any irritants such as scrubs, AHAs, BHAs, Vitamin C, retinoic acid (Retin-A), or retinol creams. Let the skin shed at its own rate to avoid scarring or rashes, and avoid pulling or peeling the shedding skin. After one week, the skin should look clearer and smoother, and the use of regular skin care products can resume.

### AFTER YOUR VITALIZE PEEL™:

**First evening:** gently cleanse skin, pat dry and apply a light layer moisturizer\*\*

**Days two through six:**

**AM** - Cleanse gently, apply a light layer moisturizer and SPF

**PM** - Cleanse gently and apply a light layer of moisturizer

\*\*Moisturizer applied should be enough for comfort and to relieve any dryness, tightness, irritation or discomfort.

- Your skin may be more red than usual for 2 to 3 days. **Please avoid strenuous exercise during this time.**
- Do not have any other facial treatment for at least ten days week after your peel.
- You may resume the regular use of Retin-A, alpha-hydroxy acid (AHA) products or bleaching creams ONLY after the peeling process is complete.

**ADVERSE EXPERIENCES THAT MAY OCCUR AFTER YOUR VITALIZE PEEL™:** It is common and expected that your skin will be red and possibly itchy and/or irritated. It is also possible that other adverse experiences (side effects) may occur. Although rare, the following adverse experiences have been reported by patients after having a Vitalize Peel™: skin breakout or acne, rash, dark spots, swelling, and burning.

***Call the office immediately if you have any unexpected problems after the procedure.***