



POST-CARE INSTRUCTIONS

Day One (_____)

- Do not wash or touch treated areas for at least 4 hours. If you can tolerate, leave on until evening. However, if you have itching or irritation prior to the 4 hour period, you may wash treated areas with a mild cleanser and water. Do not rub areas with anything harsh.
- **Washing treated area (s) on the first night:**
Approximately one (1) hour before bedtime, wash face with a mild cleanser and water, dry well, and apply 1 of the post-peel towelettes to the peeled area.
- If needed, you may apply moisturizer to relieve any irritation.

Day Two (_____)

- **Do NOTHING in the morning**
- **Washing treated area (s) on the second night:**
Approximately one (1) hour before bedtime, wash face with a mild cleanser and water, dry well, and apply 1 of the post-peel towelettes to the peeled area.
- If you feel extremely dry or uncomfortable, you may begin using a moisturizer/
- If needed, you may apply a very light layer of hydrocortisone 1% or 2.5% cream to relieve irritation or redness. If the hydrocortisone cream does not relieve your discomfort, please call your physician for additional assistance.

Days Three through Five (_____)

- You will start the peeling process by seeing a slight sloughing of the skin, first around the peri-oral area (mouth), then following the rest of the treated areas. If treated areas include: neck, chest, back and hands, process will take slightly longer to start peeling (up to a week).
- **AM: Gently Cleanse, apply moisturizer and SPF. PM: Gently Cleanse and apply moisturizer if needed.**
- After peeling begins, apply moisturizer as often as necessary for **comfort** or to hide any sloughing of the skin. This will also aid in the elimination of picking the peeling skin. You are advised to refrain from picking the skin so redness, irritation, and hyper-pigmentation (brown coloration) do not occur.
- When washing treated area, morning and night, old skin will slough off. Wash and pat dry (**DO NOT SCRUB**).