
*****IT IS EXTREMELY IMPORTANT TO FOLLOW THESE GUIDELINES TO AVOID
COMPLICATIONS AFTER YOUR SKIN TREATMENT*****

POST-PEEL PATIENT INFORMATION SHEET

You have just received a chemical peel skin treatment. Please take a moment to review the attached information. Although each patient respond differently to a chemical peel, the following list outlines **NORMAL** responses to your peel.

IMMEDIATLEY FOLLOWING YOUR PEEL:

1. **Blanching (skin turn white temporarily).** Blanching is visible evidence of protein coagulation and an indication the solution has penetrated more deeply in those areas.
2. **Redness (erythema):** Most patients who undergo these treatments have only residual redness for anywhere from 1 to 12 hours.
3. **Puffy eyes (peri-orbital edema)**
4. **Tightness/Dryness**

3 to 7 DAYS POST PEEL:

1. **Darkened skin colour:** Skin may change in colour and turn darker than usual, ranging from light brown to extremely dark brown. Usually this will appear on the chin, smile lines and under the eyes. In rare cases, permanent hyper-pigmentation may develop.
2. **Puckered appearance:** Puckering is common and will usually occur first on areas of the skin that have darkened in colour.
3. **Aged appearance:** Usually found under the eyes, and predominately in the morning after sleeping on your stomach, the skin may appear wrinkled.
4. **Acne breakout:** Acne breakouts are most common when a patient begins his/her chemical peel regimen. Do not become discouraged! The more treatments you have, the less your skin will breakout.
5. **Peeling:** Light to moderate exfoliation, lasting from 1 to 7 days.

POST-PEEL SKIN TREATMENT TIPS

You have just received a chemical peel treatment. Due to the nature of these treatments, you should not necessarily expect to “peel”. However, you may have light to moderate flaking in a few localized areas for 3 to 7 days. You may also experience residual redness which lasts in most patients from 1 to 12 hours.

It is recommended that you do not apply make-up the day of the treatment. It is ideal to allow the skin to stabilize and rest overnight. However, make-up can be applied, if necessary. Tonight your skin will feel tight and “pulled”. Apply moisturizer as frequently as needed. Although, you may or may not actually “peel”, it is likely that you will experience a light “exfoliation”. It may take 2 or more treatments for the surface skin to loosen and “peel”. Unless recommended by your physician/technician, in order to avoid irritation do not apply any other medication or AHA products to your skin.

For the next 3 to 7 days, it is essential to:

1. Avoid direct sun exposure and excessive heat.
2. Use only calming, hydrating products for 5 days post peel. Do not use any products containing retinol, glycolic or salicylic acid.
3. Not pick or pull loosening or exfoliating skin. This could potentially cause hyper-pigmentation.
4. **ABSOLUTELY** do not go to a tanning booth for at least 3 weeks before or after a treatment.
5. Discontinue the use of Retin-A/Renova or any prescription topical medication for 7 days post-treatment.
6. Not have electrolysis, collagen injections, facial waxing, or use depilatories for approximately 5 days after treatment.
7. Not have laser hair removal, photo-rejuvenation, microdermabrasion or any other para-medical services for 14 days post treatment.
8. Discontinue the use of any other home care products.
9. Not apply ice or ice water to the treated areas.
10. Not put your face directly into a hot shower spray. Do not use a Jacuzzi, steam room or sauna.
11. Not go swimming for 2 days post treatment.
12. Not participate in activities that would cause excessive perspiration for 2 days post treatment.
13. Not use mechanical exfoliation or facial scrubs.
14. Not direct a hair dryer onto the treated area.
15. Stay cool! Getting heated internally can cause hyper-pigmentation.
16. **NOT HAE ANOTHER TREATMENT UNTIL YOUR SKIN CARE SPECIALIST ADVISED YOU TO DO SO.**
17. In case of emergency, please contact your physician and proceed to the nearest emergency room if necessary or uncertain.