



Pre-Peel instructions

For ideal results, you should be on Retin-A (Tretinoin) for at least 4 weeks before your peel.

Stop the Retin-A (Tretinoin) 2-3 days before your peel.

If you have a history of cold sores or herpes simplex virus, you must take Acyclovir for 3 days before the peel, and continue it for 3 days after the peel.

On the day of the peel, wash your face, but do not apply any makeup, moisturizer or anything else. Your skin should be completely clean for the procedure.

The peel procedure is as follows:

- You will be allowed to ask any questions you like before, during or after the peel
- We will first cleanse any remaining dirt or oil from your skin with alcohol scrub
- We will apply Vaseline to help protect your lips, nostrils and eye areas.
- We will apply one coat of the peel first: your skin may feel hot or tight.
- We will fan your face if you feel too hot during the application
- After the first coat sets, we will apply a second coat to ensure uniform coverage
- We typically will finish by coating your skin with a thick layer of Vaseline

During the peel application, you may experience some discomfort. This typically lasts for a few minutes. Within an hour after the procedure, your skin may feel like it is being pulled tight.

If you are new to peels, we always start with lighter peels. If you do well on the lighter peels, you can try deeper peels later.

You should wait at least one month between light or medium peels before you get another one.



Post-Peel instructions

If you have any remaining discomfort, you can take Tylenol or advil as directed over the counter.

Avoid direct sun exposure and excessive heat.

Stay completely out of the sun for at least one week.

For at least one month after your peel, wear a large hat and sunblock of at least SPF 30 outside.

Do not use Retin-A or Tretinoin for one week after the peel.

FOR THE NEXT TWO DAY PERIOD after your peel:

- Do not wash or get water on your face. Only put Vaseline on it.
- Do not apply ice or ice water to the treated area
- Do not let your face get wet in the shower. Do not use hot tubs, steam room or sauna
- Do not go swimming
- Do not participate in activities that would cause excessive perspiration
- **STAY COOL!!!** Do not get hot.
- Do not use scrubs, loofahs or any other means of exfoliation on treated area
- Do not direct hair dryer onto the treated area
- Do not pick at your skin as it peels.

You should use Vaseline twice per day for the first 2 days after a peel.

After 2 days, you can wash your face gently with water and use make-up if you like.

During the period of 3-7 days after your peel, your outer skin may turn yellow, red or brown. It will look like dead skin. Do not pick or peel it! Let the new skin grow underneath.