



CHEMICAL PEEL PRE/POST CARE INSTRUCTIONS

PRE-CARE

For best results, it is advised to avoid sun exposure (especially for those with hyperpigmentation concerns), avoid heat and excessive dryness (such as saunas), and the following products & procedures at least one (1) week prior your treatment:

- Electrolysis
- Waxing
- Depilatory creams
- Laser hair removal
- Any exfoliating products
- Any products that may be drying or irritating, including products containing salicylic acid, alpha hydroxy acids, vitamin c, hydroquinone, retinoids, and prescription medications.
- Shaving of the area to be treated

You may not be treated if you are pregnant or nursing, have difficulty swallowing, nerve injury or weakness in the treatment area, or an infection in the area. Inform your medical provider if you are on blood thinners, or have had procedures or surgery of the treated area.

POST CARE

For two days post procedure:

- Stay cool! Heating internally can cause hyperpigmentation.
- Do not expose the treated area directly onto a hot shower spray.
- Do not use hot tubs, steam rooms or saunas.
- Do not go swimming.
- Do not participate in activities that would cause excessive perspiration.
- Do not use loofahs or other means of exfoliation on the treated area.
- Do not direct a hair dryer onto the treated area.
- Do not apply ice directly onto the treated area.
- Beginning on DAY 2, the following skincare products can be used as often as desired: sensitive or gentle skin cleansing face wash. Use a moisturizer and sun protection of SPF 30 or higher, preferably one that contains titanium dioxide and/or zinc oxide and is chemical-free.
- Over the course of 3-6 days, your skin may turn golden brown and/or flake as dead skin cells peel off.
- We recommend scheduling a post-peel facial treatment. This would be an additional charge and is done 7-10 days after your peel, and is designed to hydrate the skin, remove the excess peeling, and diminish redness.

General Guidelines:

- After receiving a chemical peel, the skin may look and feel like a mild windburn OR you may notice a white "frosting" appearance to your skin which can fade to a sunburn-like redness for the next 2 or 3 days. After 48 hours, a slight flaking may occur for 3 to 5 days which can easily be controlled with moisturizers.
- Makeup should not be applied the day of treatment, as it is ideal to allow the skin to stabilize and rest overnight. Makeup may be applied 24 hours post treatment.
- Moisturizer should be applied at least twice a day but can be applied more frequently for hydration and to decrease the appearance of flaking.
- Avoid direct sun exposure and excessive heat. An SPF of at least 30 must be used daily.
- Do not go to a tanning bed for at least two weeks post procedure. This practice should be discontinued due to increased risk of skin cancer and signs of aging.
- Do not pick or pull on any loosening skin. This could potentially cause hyperpigmentation and scarring. Use cuticle scissors to gently and safely cut any peeling skin that is no longer attached to a dermal surface. If scabbing occurs or if you should pick at your skin, apply a topical bacitracin ointment immediately to the treated area.

Do not have any other facial treatment for at least one week after your peel. You may resume the regular use of retinoids, alpha-hydroxy acid, beta hydroxy acid, vitamin c or bleaching creams ONLY after peeling process is complete.

It is the responsibility of each guest to fully review the aforementioned Pre-Care and Post Care guidelines. If a scheduled service requires modification/cancellation because you do not meet the aforementioned criteria, you are responsible for notifying the medical spa no less than 24 hours in advance to avoid a late cancellation fee of \$75.00. If you are unable to contact an Ageless Aesthetics MediSpa representative within normal business hours, please leave a detailed voicemail. The voicemail system date-stamps/timestamps all voicemails with Mountain Standard Time (MST) zone times. Cancellations and modifications must be made within the MST zone in order to avoid no-show/late cancellation fees. If you have ANY questions or concerns, please call our office during business at 505.473.SKIN (7546).