

POST MICRODERMABRASION, PEEL, OR DERMAPLANE INSTRUCTIONS

You may resume your daily activities or return to work immediately. Your skin may feel extra sensitive. It is normal to see a little redness or have a "windburn" sensation for part of the day. Minimize sun exposure. Sun protection will be applied to the treated area before you leave the spa. Protect your face every day with a high-quality broad spectrum sun protection. For the next 24 hours, strenuous exercise, or any activity that causes excessive perspiration is not recommended. While it will not harm or hinder your skin care treatment progress, the perspiration can be irritating. It is imperative that NO TANNING is done while you are undergoing these treatments, as you may burn severely and reduce the results that may be obtained. Retinoid/AHA usage should be discontinued 3-5 days before and 3-5 days after treatments. Refrain from waxing, electrolysis, or depilatories for at least seven days. Drink additional water.

Use of cold compresses can provide relief from the "windburned" feeling.

- Do not pick or pull any loosening or exfoliating skin. This can potentially cause hyperpigmentation.
- Do not apply ice or ice water to treated areas. Only cold compresses.
- Do not put the face directly into hot shower spray. Do not use Jacuzzi, steam room, or sauna.
- Do not go swimming.
- Do not participate in activities that would cause excessive perspiration.
- Do not use loofahs or other means of manual exfoliation.
- Do not direct a hair dryer onto the treated area.
- Stay Cool! NEVER GET OVER HEATED. THIS MAY CAUSE HYPERPIGMENTATION.

Mineral makeup can be re-applied immediately if desired. All post care products can be purchased at SKIN By Marlena.

If you have any questions or concerns, please call me at 513-834-4399.

CHEMICAL PEEL INFORMATION

Alpha & Beta Hydroxy Acids are helpful in treating a variety of skin ailments. They have proven to be effective in treating dry skin, acne, sun spots, lessening fine lines and wrinkles, and improving the skin's overall tone and texture.

Side Effects:

- The most common side effect after a peel is brown discoloration of the skin. This is usually rarely be permanent. This side effect usually occurs only in those who have had sun exposure after a peel
- Peels can cause redness of the skin.
- If you get cold sores, a peel can cause them to flare. This can be prevented by taking your medications one day prior to your treatment.

Who should not have a peel?

If you have any of the following problems, a peel should not be done at this time, and you need to let me know immediately:

- Accutane use within the past six (6) months
- Active herpes simplex (cold sores)
- Facial warts
- If you are now pregnant
- If you form keloid or hypertrophic scars
- If you have a history of sun allergies
- Prior bad reaction to a peel
- Recent radiation treatment for cancer
- Sun burn or significant sun exposure in the last two days
- Surgery or cryosurgery within the last month to the area that you plan to have peeled
- If you have a known allergy to the following:
 - Sugar Cane (Glycolic Acid)
 - Aspirin (Salicylic Acid)
 - Milk (Lactic Acid)

What to do before a peel

- Stop all Retin A or other exfoliations 3-5 days prior to peel treatment.
- Stop all hair removal services a week or more prior to the peel treatment.
- In order to prevent an unanticipated deepening of your peel, please inform your esthetician if you have accidentally used one of the restricted products.

What to do after a peel

- Please see post instructions