

# How To Care For Your Skin Post-Peel

PCA SKIN® peels result in little to no downtime but create dramatic and visible results. Treatments may cause a tingling or pin-prickling sensation, slight redness, tightness, peeling, flaking or temporary dryness similar to a sunburn or windburn. It is essential to the health of your skin and the success of your peel that you follow the guidelines. This procedure can also stimulate cold sores. If you are prone to outbreaks, you may take your prescription medication the day prior to treatment, the day of, and the day after as a prophylactic measure.

## For 2 days after your procedure:

- Stay cool! Getting too hot internally can cause hyperpigmentation!
- Do not put the treated area directly into 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 scrubs, loofahs, wash clothes, Clarisonic or other means of mechanical exfoliation.
- Do not direct a hair dryer onto the treated area.
- Do not apply ice or ice water to the treated area. If having irritation after treatment, keep using post care products. Reapply the sunscreen patting in. (The zinc will calm the skin) \*unless allergic to zinc.

## General guidelines

- After receiving a PCA SKIN® professional treatment, you should not necessarily expect to 'peel'. Peeling is a side effect of a chemical peel, not the treatment itself. If you were to peel, light flaking will generally start 48-72 hours after your treatment and can last 2-5 days. It is very important not to pick or pull on any loosening or peeling skin. This could potentially cause hyperpigmentation.
- Most patients who undergo these treatments have residual redness for approximately one to twelve hours post-procedure.
- As with all peels and treatments, it is recommended that makeup not be applied the day of treatment, as it is ideal to allow the skin to stabilize and rest overnight; however, makeup may be applied 15 minutes after the treatment if desired.
- Your skin may be fragile for 5-7 days. Cleanse your skin GENTLY with a mild cleanser, cool water (hot water will cause inflammation to the skin) and your fingertips only (no washcloths or sponges).
- Sunscreen with an SPF of at least 30 should be applied every day for the next week.
- Avoid direct sun exposure and excessive heat. If you need to be outdoors, make sure to use an umbrella or wear a large-brimmed hat, a pair of sunglasses, and use a physical sunblock (containing zinc oxide and titanium dioxide)
- If the skin feels dry or tight, apply moisturizer as needed. This will promote the healing process by locking in moisture and reducing the chance of a bacterial infection, redness, and irritation.
- Moisturizer should be applied at least twice a day but can be applied more frequently for hydration, client comfort or to decrease the appearance of flaking.
- It is recommended that other topical, over-the-counter medications or alpha hydroxy acid products not be applied to the skin 7 days post procedure, as they may cause irritation.
- Delay use of tretinoin, Retin-A®, Differin®, Renova®, Tazorac®, Avage® EpiDuo™ or Ziana® 5 days post-procedure. Consult your physician before temporarily discontinuing use of any prescription medications.
- Do not have electrolysis, facial waxing or use depilatories for approximately 5 days.
- Do NOT get your hair colored until a week after you have finished peeling, if your treatment was performed on the face or neck. For most people, week 3 post-peel is the best time to have your hair color treated.
- Do not have another facial treatment until your clinician advises you to do so.

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