

SKIN *by* RANDEE

Chemical Peel and/or Dermaplaning Pre & Post Treatment Instructions

To reduce your risk of complications, accelerate healing, and to enhance your results, it is important to follow the instructions listed below.

5-7 Days Before Treatment

- Discontinue the use of any exfoliating products, retinols, topical prescriptions, glycolic or salicylic acids, or benzoyl peroxide.
- No waxing, depilatory creams, laser hair removal, or electrolysis.
- Avoid sun exposure. Apply SPF 30+ daily. Like SkinCeuticals Physical Fusion SPF 50 or PCA Sheer Tint Spf 45.

Post Treatment Care

- Gently cleanse skin with cool water and a gentle cleanser, such as SkinCeuticals Soothing Cleanser, and pat dry. Do not rub the skin. Please avoid washcloths, exfoliating scrubs, and cleansers with beads or granules for at least one week.
- Use a healing moisturizer like SkinCeuticals Epidermal Repair or Skin Script Cacteen Balancing Moisturizer.
- Use a mineral sunscreen such as SkinCeuticals Physical Fusion SPF 50.
- Do not receive any other facial treatments for at least two weeks after your initial treatment, or at your provider's discretion.
- Discontinue the use of any exfoliating products like retinol, topical prescriptions, glycolic or salicylic acids, or benzoyl peroxide for up to 7 days after treatment.
- No waxing, depilatory creams, laser hair removal or electrolysis for 1-2 weeks after
- Avoid sun exposure for 1-2 weeks after treatment and always apply SPF 30+ daily.
- If you recieved a **Jessners Peel**, avoid contact with water on all treated aread for 4-6 hours after the peel.

Please contact me with any questions/concerns:

Randee Dickinson, LE, LHRP: skinbyrandee@gmail.com

P: 832-617- 3397 (Text)