

## **ADVANCED ESTHETIC TREATMENTS**

**Including but not limited to:** Chemical Peels, Enzyme Peels, Microdermabrasion & Hydrodermabrasion, High Frequency, Radio Frequency, Ultrasonic Cavitation, and Dermaplaning.

Please note that you MAY be required to purchase a SKIN PREP KIT (by Glymed) prior to your Chemical Peel appointment. For all other advanced treatments, it is HIGHLY recommended that you purchase Glymed's Skin Prepping Kit as well, as it will build your skin's health to a tolerance that is able to safely handle these type of services, and therefore reduce the risk of post-treatment damage. Talk to your esthetician today about how you can build a at-home regimen customizable to your specific skin type and concerns.

We also sell Glymed's POST-TREATMENT KIT, and highly suggest purchasing this as well. Glymed is a pharmaceutical-grade skincare company (organic, 99.9% pure ingredients, clinically proven results). We want to replenish your skin with top-quality care; ceramides, antioxidants, peptides, moisturizer, and actives are all necessary for a healthy and effective recovery.

Please reach out to order your KITS and get your at home routine going as soon as possible.

### **Possible Medical Contraindications**

#### **ALL Advanced Esthetic Services**

Pregnant / Breastfeeding

Herpes Zoster/Shingles

Broken Capillaries

Inflammation

Accutane/ Isotretinoin

Retinoids/Retinols

Prescription medications

Hypopigmentation & Hyperpigmentation

Facial Waxing w/in the last 24 hours

Facial Shaving w/in the last 4 hours

Bacterial Infection

Extreme skin sensitivity

Allergies

Prone to scaring

Facial burns, open cuts

Aspirin Allergy

Heart Conditions

Facial Psoriasis/Eczema

Botox/Filler

Topical or Internal antibiotics.

Other circumstances requiring you to be under consistent physician care.

## **PRE-CARE for ALL Advanced Treatments**

If you have any of these medical contraindications, please notify your esthetician immediately prior to your service so we can discuss adjustments.

Do not use any form of AHA/BHA's at least 48 hours prior.

No use of RETINOL/RETINOIDS (Retin-A, Renova, Tretinoin, or any other brand) or other prescription Retinoid products (Adapalene (Differin) Tazorac) for 72 hours prior.

Do not receive any form of Botox/Filler at least 7 days prior.

Please remove your contact lenses for these services.

Self-tanning agents cannot be used for at least 48 hours prior to treatment.

No waxing, electrolysis, or other hair removal products or methods can be preformed for 7 days prior to treatment.

If you are prone to cold soars (herpes simplex virus) you will need a prescription from your physician for an antiviral medication to avoid POST treatment outbreak. It is recommended to begin prophylaxis two (2) days prior to a CHEMICAL PEEL and continue for 5 days after. Please consult your doctor.

Do not come to your appointment sunburnt.

## **POST-CARE**

### **Chemical Peel -**

Possible side effects including but are not limited to:

- Mild to moderate discomfort or pain (you may take a Tylenol/Advil as long as there are no allergies to these types of medications)
- A slight rosy glow, much like a sunburn, may appear for approximately 24-48 hours.
- Acne or Milia breakout (very common as a form of "PURGING")
- Slight swelling
- Itching or irritation
- Sun/skin sensitivity
- Pigment changes (this is rare, but may happen. We suggest purchasing a Tyronaise Inhibitor or some type of brightening product - we sell both, please inquire!!)
- Scarring (rare, but depending on how healthy your skin and body's immune system is... you may experience temporary or permanent scaring).
- Allergic reaction
- Herpes outbreak (please consult your doctor)

- Skin peeling or flaking up to 10 days after the procedure.

Physical peeling may take anywhere from 3-10 days on average or longer depending on internal and external factors. It is also possible to not peel at all. If this occurs, you will still benefit from the treatment because the skin has exfoliated microscopically.

### **Chemical Peel-Post Care Instructions**

To obtain maximum benefits from your treatment, it is crucial that you understand and adhere to these instructions. Failure to comply with these instructions may affect your treatment outcome and increase the likelihood or severity of complications.

Depending on your individual needs, additional post-care treatment instructions may be given to you by your esthetician.

#### **NEXT 72 HOURS:**

You may GENTLY apply a cold compress to the treated area(s) as needed for any burning or irritation associated with your treatment.

You may take any form of pain reliever like Tylenol or Ibuprofen.  
(Ask your doctor if you are unsure).

Do NOT use any acidic products such as retinoids or tretinoins, acne medication products such as Retin-A, Tazorac, Renova, Differin, the antibiotic Doxycycline, AHAs (lactic, glycolic, tartaric, etc.), BHAs (salicylic), benzoyl peroxide, vitamin C products, lightening agents such as hydroquinone or any exfoliative products including loofahs or coarse sponges to your skin.

Do NOT engage in strenuous exercise because it may exacerbate the inflammatory and can cause your skin to become extremely inflamed. NO GYM, NO EXERCISE.

Do NOT go in the SUN. NO SUN. No exceptions.

#### **3-10 DAY POST PEEL:**

Avoid lifting the skin prematurely (peeling it yourself), as this can cause scarring. If there are large pieces of dead skin “hanging,” cut it using clean scissors.

Do NOT schedule any other facial services; including waxing, brow lamination, etc.

Do NOT get your hair dyed until a week after you have finished peeling, if your treatment was performed on the face or neck.

You may resume your normal skin routine. If you notice your skin is still ‘raw’ or sensitive, go back to the ‘Gentle’ protocol until your skin has hardened and is ready for actives.

SUNSCREEN DAILY.

## **How to Care for your Skin Post- Chemical Peel (NEXT 72 HOURS) GENTLE PROTOCOL**

### **‘Wet healing’ (keep your skin moist)**

Cleanse Gently: Your skin will be fragile for the next several days. Cleanse your skin with COOL water using only your fingertips – no washcloths, loofahs, buff puffs, sponges, Clarisonic, etc. We recommend using a gentle cleanser free of any actives. Something like cetaphil or cerave. We sell an amazing gentle cleanser by Glymed in the spa, please inquire.

Moisturize Often: For our stronger peels, you may use petroleum jelly (Vaseline) for the first few days or as needed. When you start to peel, use a non-comedogenic dermatologist approved moisturizer such as La Roche Posay, Cetaphil, or CeraVe. This will promote the healing process by locking in moisture and reducing the chance of a bacterial infection, redness, and irritation. Use these products several times per day or as needed. Topical hydrocortisone may be recommended, depending on your specific needs. We sell soothing creams / moisturizers in the spa.

Protect Your Skin: Remember to avoid excessive heat on the treated area and direct sun exposure for 2 weeks after treatment. 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. We sell an amazing Titanium Zinc (20%) Dioxide from TiZo.

You may and should resume your normal skincare routine after your skin has “hardened” and is no longer “raw.” This is usually around day 5-7. It may be sooner for some people, and may be later for others. Once your skin feels “tough,” like leather, please start exfoliating (chemically or physically). If you need professional recommendations, we have POST-CARE KITS to purchase!

## **POST CARE : Other Advanced Treatments**

**Enzyme Peels, Microdermabrasion & Hydrodermabrasion, High Frequency, Radio Frequency, Ultrasonic Cavitation, and Dermaplaning.**

**Enzyme Peels, Microdermabrasion, Hydrodermabrasion, Dermaplaning.**

**For the first 24 hours:**

**AVOID**

NO SWEATING

NO SUN

Touching or scratching the treated area.

Hot baths or showers (cool or lukewarm water only)

Saunas, hot tubs, pools, or steam rooms

Massage or friction in the treated area

Rubbing your skin dry

Tanning (sunbathing, sun beds, or fake tans)

Exfoliating the treated area

Applying products to the treated area (including make-up, lotions, soaps, powders, perfumes, harsh cleaning products, and self-tanning products)

**DO**

**Gentle Protocol Skincare**

Cleanse, Moisturize and Sunscreen. Use gentle ingredients with NO actives. CeraVe/  
Cetaphil.

Keep it simple.

**After 72 Hours:**

Resume normal skin routine.

Use sunscreen DAILY (starting on day ONE) - minimum Broad Spectrum SPF of 30.

## **CONSENT for ALL Advanced Esthetic Services**

I have read the information above and I understand and acknowledge that there are risks involved with the treatment. I give permission to my esthetician to perform this advanced esthetic treatment, and have discussed and understand my responsibility (pre-post care instructions) and will follow these instructions to the best of my ability. I will hold the company and esthetician harmless from any liability that may result from this treatment or my failure to disclose medical information or follow instructions. I understand my esthetician will take every precaution to minimize or eliminate negative reactions as much as possible, however, I do understand that, very rarely, permanent damage occurs. My expectations are realistic and I understand that the results are not guaranteed and that for maximum results, more than one application may be required at an additional cost. I agree that this constitutes full disclosure. I acknowledge this in the submitted Client Consent Form signed prior to my treatment.