

GLYMED TCA PEELS

Medical Contraindications:

- Cancer - Must get the OK from your Doctor.
- Threads - Must get the OK from your Doctor.
- Kidney Disease
- Sunburnt
- Open wounds
- Allergy to Aspirin*
- Pregnant/Lactating*
- Fitzpatrick IV-VI*
- Rosacea*
- Psoriasis*
- Eczema*

*We will select a peel that is SAFE for you.

Pre Chemical Peel:

Please stop the following...

- 6 months: Accutane / Isotretinoin
- 14 days prior: Botox/Filler, Laser
- 7 days prior: Tanning, Waxing/Shaving, Prescription Tretinoin (Retinol)
- 72 hours prior: Actives - Over the counter retinols, AHA/BHAS, Exfoliants.

If applicable, Start your Skincare PREP Kit 2 weeks prior to your appointment!

AM

Cleanse: Vitamin C Cleanser

Pigment Suppressor: Daily Skin Clarifier

Moisturizer: Daily Repair Cream

SPF

PM

Cleanse: Vitamin C Cleanser

2nd Cleanse: Glycolic Cleanser

Pigment Suppressor: Daily Skin Clarifier

Active: Accelerator Gel (Do NOT use 72 hours prior to appointment)

Moisturizer: Daily Repair Cream

During your appointment:

Depending on your treatment, you may experience some temporary discomfort, including stinging or warm flushing, similar to a mild burning sensation. This is NORMAL and generally fades within five minutes. During the few minutes following the initial treatment, you will experience tightening of the skin to varying degrees. The skin can appear red and become progressively rosier, occasionally turning a tan to brown color, depending upon formula and application variances. For most individuals, peeling starts at day five but can be as early as 48 hours. It is impossible to pre-determine how much peeling will occur. Deeper penetration and more active solutions may result in sensitivity for several hours after the procedure, with some significant peeling for up to ten days. Your skin can feel tight, dry and you may experience redness for up to ten days.

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Post Chemical Peel:

WE BELIVE IN “WET” HEALING = Keep your skin extremely hydrated!

First 72 hours: NO SUN, and NO SWEATING

Skin Post Procedure Kit:

Routine for the next 7 days ...

AM

Cleanse: Vitamin C Cleanser

Pigment Suppressor: Daily Skin Clarifier

Hydration: Ultra Hydro Gel

Moisturizer: Daily Repair Cream

Sealant: Cell Protection Balm or Aquaphore

SPF

PM

Cleanse: Vitamin C Cleanser

Pigment Suppressor: Daily Skin Clarifier

Hydration: Ultra Hydro Gel

Moisturizer: Daily Repair Cream.

Sealant: Cell Protection Balm or Aquaphore

*Kukui Nut Oil as needed. Kukui oil is a fantastic healing oil, and our Company's secrete to healthy healing. Kukui nut oil is full of antioxidants Vitamins A, C and E, and has proven to help skin conditions like eczema, psoriasis, and dry and chapped skin. It has been used by the early Hawaiians for generations to help soothe and rejuvenate their skin from the effects of sun and wind burns, and other forms of skin damage. It is noncomedogenic, doesn't clog your pores, making it safe for acne clients.

Other things to note:

- Touch your face with CLEAN HANDS
- Use Cleanskin club towels to dry your face
- Use NEW or clean pillowcases
- You may wear **MAKEUP** only if absolutely necessary. Use mineral or non comedogenic products.
- Flaking may occur and is natural and expected. Do **NOT** pick, scratch, or scrub your skin! Allow it to flake off naturally. This is crucial for the healing process.
- 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 get your hair dyed until a week after you have finished peeling.
- **ACTIVES (AHA/BHA'S) and RETINOIDS** : You may start to use your actives **7 DAYS AFTER you've stopped peeling**. This is usually around the *3rd week after your appointment*. Always aid on the side of caution with incorporating actives back into your routine. Go slow.
- **WAXING** may be done 2 weeks after your peel.
- It's safe to receive **BOTOX or FILLER** immediately after your Chemical Peel Appointment, but please advise your professional when you received this treatment. Some physicians suggest to wait 1-2 weeks.
- **LASER** - Please ask your laser technician. We'd suggest at least 2-4 weeks.
- **HYDRATE HYDRATE HYDRATE**: Drink lots of water, and keep your skin wet.
- Safe to do once a month.

Make sure to notify the professional performing the following treatments that you recently recovered a CHEMICAL PEEL so they can advise you properly.