

Glymed TCA Peel

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.

SKIN PREP:

- If you're a Fitzpatrick 3-6 and not using a tyrosinase inhibitor (see below), then please book a time to swing by and grab something from us at least 2 weeks before your appointment (Glossgenius > Pop In Appointment). I.e. Vitamin C
- ACCUTANE (ISOTRETINOIN) - Stopped at least 6 months prior
- Stop the use of Botox, fillers, and Lasers at least 14 days prior.
- No tanning, waxing, or shaving the area for 7 days leading up to your appointment.
- Stop the use of prescription retinoids (i.e., Tretinoin) 7 days prior.
- Stop the use of AHA/BHA and over-the-counter retinoids at least 72 hours prior.

*For prescriptions, please make sure you've consulted your Doctor before stopping.

POST PROCEDURE:

- You will be given a FREE POST-PROCEDURE KIT with instructions to take home with you.
- For the first 72 hours, no sun exposure and no sweating!
- No ACTIVES (AHA/BHA, All Retinoids) for the next 7 days. Make sure your skin has stopped peeling before starting any active again.
- Make sure to keep your skin hydrated!!
- Book your next peel in 4-6 weeks!

AM
Cleanse w/ Vitamin C Cleanser
Apply Daily Skin Clarifier
Apply Daily Repair Cream
SPF

PM
Cleanse w/ Vitamin C Cleanser
Apply Daily Skin Clarifier
Apply Daily Repair Cream
SPF

***You may use Kukui Nut Oil and Aquaphor as needed! Kukui oil is a fantastic healing oil, and our company's secret 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.**

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THINGS TO NOTE:

- This is a quick 45-minute appointment.
- You will start and continue to peel anywhere from 3-10 days after your appointment.
- Avoid lifting the skin prematurely (peeling it yourself), as this can cause scarring. If there are large pieces of dead skin “hanging,” cut them using clean scissors.
- These TCA peels are safe for all Fitzpatrick (1-6)
- Do NOT come to your appointment sunburnt.
- Touch your face with CLEAN HANDS.
- We suggest purchasing 'Clean Skin Club Towels' to dry your skin.
- Use NEW or CLEAN pillowcases.
- You may wear MAKEUP only if necessary. Use mineral or noncomedogenic products.
- You may use a cold compress to help with any minor swelling or irritation.
- Do NOT get your hair dyed until a week after you have finished peeling.
- 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 receive this treatment. Some physicians suggest waiting 2 weeks.
- LASER - Please ask your laser technician. We'd suggest at least 2-4 weeks.
- Safe to do a TCA Resurfacing peel once every 4-6 weeks

TYROSINASE INHIBITORS:

Thiamidol

Hydroquinone

Vitamin C (L-Ascorbic Acid (LAA), Ascorbic Acid, Sodium Ascorbyl Phosphate (SAP), Magnesium Ascorbyl Phosphate (MAP), Tetrahexyldecyl Ascorbate, and Ascorbyl Palmitate, Ethyl Ascorbic Acid)

Tranexamic Acid

Cysteamine

Cysteine

Resorcinol

Reveratrol

Hexylresocinol

4-Butylresorcinol

Kojic Acid

Arbutus

Azelaic Acid

Ellagic Acid

Licorice Root

Mulberry Extract