****

***Microdermabrasion and/or Chemical Peel Pre and Post Procedure Instruction***

***72 Hours Prior to Treatment***

1. Discontinue use of retinoids (Retin-A, Renova, Differin, or Tazorac), benzoyl peroxide, alpha or beta hydroxy acids, depilatory creams or other potential irritating ingredients.
2. Patients who have had medical cosmetic facial treatments or procedures (e.g. laser therapy, surgical procedures, cosmetic filler, etc.) should wait until skin sensitivity is completely resolved before receiving an exfoliation.
3. Retain-A stop minimum of 6 months prior to treatment

*NOTE: The use of these products/treatments prior to your peel may increase skin sensitivity and cause a stronger reaction.*

It is crucial to the health of your skin and the success of your peel treatment that these guidelines be followed:

***72 HOURS POST TREATMENT INSTRUCTIONS***

*-Microdermabrasion - SkinCeuticals Pigment Balancing Peel*

*-SkinCeuticals Salicylic Peel - SkinCeuticals Micropeel*

1. It is imperative to use a sunscreen with an SPF of at least 30 and avoid direct sunlight for at least one week.
2. Patients with hypersensitivity to the sun should take extra precautions to guard against exposure immediately following the procedure as they may be more sensitive following the peel.
3. Because of the superficial nature of these peels, patients should not expect to see visible peeling. Occasionally, some patients may have very minor flaking 3-4 days post peel.
4. Skin may appear slightly redder than usual for about 1-2 hours after the treatment. If neck and chest are treated, the redness may last slightly longer.
5. Skin should look normal the next day.
6. When cleansing the face, do not scrub and do not use a wash cloth. Use a soap-free, sensitive cleanser.
7. After cleansing your face, apply an appropriate moisturizer recommended by your aesthetician for 4-5 days and as often as needed to relieve any dryness.
8. The regular use of Retin-A, alpha hydroxy acids (AHA) products or bleaching creams can be resumed 4-5 days after the peeling process is complete.

***RECOMMENDED SKIN CARE PRODUCTS POST TREATMENT:***

**Cleansers:** SkinCeuticals Gentle Cleanser, Cetaphil Cleansers

**Hydrating serums:** SkinCeuticals Phyto Corrective Gel, SkinCeuticals Hydrating B5 Gel

**Moisturizers**: SkinCeuticals Epidermal Repair, Emollience, Triple Lipid Restore, Cerave moisturizers

**SPF**: SkinCeuticals Physical Fusion SPF 50, SkinCeuticals Sheer Physical SPF 50, or any SPF 30 + containing zinc oxide and titanium dioxide.