



THE PERFECT PEEL

Tips for Patients: Post Peel Care

Leave the peel on for at least 6 hours, if no irritation present leave on overnight. Do not touch, rub, or apply cosmetics to the treated area.

Wear a wide brim hat when exposed to outdoor sunlight.

If significant discomfort is experienced after 6 hours, wash with the Perfect Cleanser and apply the post peel moisturizer (1% hydrocortisone) as needed. You may feel a slight sting upon application but it will quickly subside. Do not apply any other cosmetics or moisturizers over the area.

If treating melasma or have a darker skin type, use the post peel moisturizer after the peel has been on for 6 hours and reapply after cleansing.

After the peel, any areas of pigmentation may appear darker. Some may experience an overall temporary bronzing effect. The change of color will be most evident on the second day, however it can happen immediately. This is normal, the darker skin will exfoliate during the peeling process.

During the peeling phase, you must avoid sun exposure. The use of sunscreen is essential. You may go out in the sun when the exfoliation subsides, but your skin will be more sensitive to UV rays. Reapply sunscreen often and wear a wide brim hat.

Refrain from excessive sweating and moderate physical activities for 72-96 hours post peel application. Inducing excessive perspiration can lead to Post inflammatory pigmentation or blistering which can cause scarring. For pigmented conditions, try and refrain from sweating/exercise for 7 days.

Do not cleanse with a facial machine brush or wash cloth until the peeling process is complete. The skin will become moderately itchy, do not scratch or rub the skin. Refrain from picking or peeling the skin off in sheets, this may cause pigmentation or scarring. Use small scissors to clip hanging skin. Use Post Peel Moisturizer as needed for itch.

Peeling typically starts on day 3 for 3-4 days. The neck, chest, and extremities take longer to peel and may not show visible peeling for up to a week. Some clients will not see visible peeling because of skin type and prior retinol use. Peeling is not a clinical end point of a chemical peel but a side effect. If no or mild peeling occurs the chemical will still stimulate collagen and lighten pigmented areas over time.