

### **7-10 Days Before Your Appointment:**

- Avoid tanning and direct sun exposure for 2 weeks prior to each treatment.
- Apply a sunscreen with SPF 30 or greater every before and after treatment.
- Apply topical products as instructed prior to treatment to prepare the skin.
- Discontinue use of any products containing high strength alpha hydroxy acids (such as glycolic and lactic acids) and prescription retinoids (such as Retin-A and Renova) 1-2 weeks prior to treatment.
- Avoid waxing, sugaring, facials, laser therapies and microneedling for 2-4 weeks.

### **Immediately After Treatment**

- Expect your skin to appear pink for a few hours after treatment.
- Your skin may be temperature sensitive for a few days after treatment.
- Mineral based make-up may be applied to cover redness as needed.
- Avoid direct sunlight on the treated area and use a broad spectrum UVA/UVB sunscreen of SPF 30 or greater for 1-2 weeks after your treatment.
- Keep your skin well hydrated with a protective moisturizer, Vivier Lexxel is recommended.
- Avoid using abrasive products such as scrubs or exfoliating sponges for 7 -10 days.
- Avoid products such as retinols and glycolic acid 10 days.
- Avoid becoming overheated, perspiring excessively, using hot tubs, steam rooms, saunas or excessively hot showers (normal showers or baths are fine), in the first few days after treatment, as this can cause blistering and increase the risk of complications.

### **What to Expect**

- During the treatment your skin will be cleansed and prepped. 1-3 passes of solution will be applied to your face. You may feel a warm or tingling sensation as the peel activates.
- Skin may appear frosted, white or mild redness, this will subside.
- An increase in acne post peel may be experienced.
- Slight peeling for 3-7 days. Do not pick at the skin as this can cause scarring and pigmentation. Skin may peel to varying degrees (mild, hardly visible, or heavy continuous peeling) depending on the treatment received and the condition of the skin prior to treatment.
- Skin may feel tight and dry. Apply moisturizer as needed.
- Mild Itching, irritation, redness, increased sensitivity.
- Crusting is rare; however if it does occur, a thin layer of over-the-counter antibiotic ointment such as Polysporin® can be applied 2-3 times a day for 3 days. Please call us if you experience this uncommon reaction.
- Cleanse your face with gentle cleanser and pat dry.

### **Maximizing your Treatment**

- Your treatment outcomes will be 80% of what you do at home and 20% of what we do in our office.
- Our Skin Care Specialists will review and create customized skin care program for you to maintain the desired results. A quality, daily home skin care regime will ensure that you maximize and maintain the benefits of your treatment.