



The Perfect Derma™ Peel Treatment Instructions

Medical-Grade Chemical Peel for Skin Rejuvenation and Clarity

Before Treatment

1. One Week Prior:

- **Discontinue the use of the following products and treatments:**
 - Retinoids (Retin-A, tretinoin)
 - Alpha or beta hydroxy acids (AHA/BHA)
 - Benzoyl peroxide
 - Exfoliating scrubs or enzymes
 - Prescription acne medications (Accutane should be discontinued for at least 6 months prior)
- Avoid **waxing, laser treatments, microneedling, or chemical peels** for at least one week before treatment.
- Avoid **tanning beds, self-tanners, and direct sun exposure**.
- If you are prone to **cold sores**, notify your provider before your appointment; an **antiviral medication** (such as Valtrex) may be prescribed to prevent an outbreak.
- Do not schedule **dental procedures, vaccinations, or other facial treatments** within one week of your peel.

2. 24–48 Hours Before:

- Avoid **intense exercise, alcohol, or heat exposure** (saunas, hot tubs, steam rooms).
- Keep your skin **clean, hydrated, and makeup-free**.
- Refrain from shaving the treatment area 24 hours before your peel.

3. Day of Treatment:

- Arrive with a **clean face** (no lotion, makeup, sunscreen, or oil).
- Inform your provider of any **recent illness, medication changes, or skin reactions**.
- Avoid wearing tight headbands or hats that could rub the treatment area.

After Treatment

1. Immediately After:

- Skin may appear **red, warm, or slightly shiny**. This is normal.
- You will be given a **Post-Peel Care Kit** — use only the products provided for the next 5–7 days.
- **Do not touch, rub, or wash** your face for at least 6 hours after the peel.
- Avoid **sweating, exercise, swimming, or heat exposure** for 48 hours.

2. 6 Hours Post-Treatment:

- After 6 hours (or as directed by your provider), gently cleanse your skin with the provided **Perfect Derma™ Cleanser** and apply one of the **Perfect Derma™ Moisturizers** and **Post-Peel Towelette** from your kit.
- Use the second towelette 30–60 minutes before bed.

3. Peeling Process (Days 2–7):

- **Day 1:** Skin may feel tight or dry. Minimal visible peeling.
- **Days 2–3:** Visible peeling typically begins around the mouth and nose, progressing outward.
Do not pick, pull, or rub the skin — premature peeling may cause hyperpigmentation or scarring.
- **Days 4–6:** Peeling continues on cheeks, forehead, and neck. Redness or mild itching may occur.
- **Day 7 and beyond:** Most peeling subsides, revealing fresh, smooth, radiant skin.

4. Post-Peel Care Guidelines:

- Use only the products from your **Perfect Derma™ Post-Peel Kit** until peeling is complete.
- Avoid **makeup, exfoliation, retinoids, or active skincare ingredients** for 7–10 days post-peel.
- Apply **broad-spectrum SPF 30+ sunscreen** daily — this is essential to protect new skin.
- Avoid **direct sun exposure** for at least 2 weeks.
- Do not schedule **laser, waxing, microneedling, or other resurfacing treatments** until at least 2–3 weeks after your peel.

5. Expected Reactions:

- Mild redness, tightness, flaking, or itching is normal.
- Peeling intensity varies by individual and does not indicate treatment effectiveness.
- Skin may feel temporarily more sensitive to products and sun exposure.

Results and Maintenance

- Noticeable improvement in **skin tone, texture, clarity, and brightness** typically occurs after peeling completes (about 7–10 days).
- Optimal results are seen after a **series of 2–4 treatments**, spaced 4–6 weeks apart.
- Maintenance treatments every **3–6 months** help preserve results.

Avoid smoking, excessive sun exposure, and harsh skincare to prolong results and protect new collagen formation.

Follow-Up

- Contact your provider immediately if you experience:
 - Severe swelling, blistering, or excessive redness
 - Signs of infection (pus, drainage, fever)
 - Persistent irritation lasting more than 7 days