



CHEMICAL PEEL TREATMENT:

BEFORE YOUR APPOINTMENT

- **It is imperative that you avoid sun exposure and tanning beds for at least 1 week prior to your treatment.** This is a must and no exceptions will be made.
- We recommend that you avoid the following for at least 1 week before your peel procedure:
 - Electrolysis, Waxing, Depilatory creams, Laser hair removal, and Any exfoliating products.
 - Any products that may be drying or irritating, including products containing salicylic acid, alpha hydroxy acids, vitamin c, hydroquinone, retinoid, and prescription medications.

THE DAY OF YOUR APPOINTMENT

- If possible, arrive without creams or make-up on the treatment area. Cleansing products are available for your convenience.
- Allow 45-90 minutes for your appointment depending on the size of the treatment area.
- Pre-treatment photos may be taken.

WHAT TO DO AFTER YOUR TREATMENT

- It is recommended that makeup not be applied the day of treatment, as it is ideal to allow the skin to stabilize and rest overnight.
- For two days post procedure: Stay cool! Heating internally can cause hyperpigmentation. Do not use hot tubs, steam rooms or saunas. Do not go swimming. Do not use loofahs or other means of exfoliation.
- Do not go to a tanning bed for at least two weeks post procedure.
- Do not pick or pull on any loosening skin. This could potentially cause hyperpigmentation

WHAT TO EXPECT

- Your skin may be temperature sensitive for several days after treatment.
- After receiving a chemical peel, the skin may look and feel like a mild windburn with itching, stinging, redness, heat and/or tightness for the next few days. After 48 hours of a superficial peel, flaking may occur for 3 to 5 days which can easily be controlled with moisturizers.

AFTER CARE

- Use the **Epionce Essential Recovery Kit** for 3-5 days to help heal the skin.
- After days 3-5 post-treatment, continue regular **Epionce Cleanser and Renewal Facial** or **Obagi Gentle Cleanser and Hydrate** product for skin type. **Epionce Lytic** or **Obagi Clear** application may be resumed 1 week post procedure, or when the skin is no longer sensitive.
- You may resume the regular use of retinoid, alpha-hydroxy acid, beta hydroxy acid, vitamin c or bleaching creams **ONLY** after peeling process is complete.
- Avoid direct sunlight on the treated area and use a broad spectrum UVA/UVB sunscreen of SPF 30 or greater for 4-6 weeks after your treatment. We recommend the **Obagi Sun Shield Matte** or **Epionce Ultra Shield Lotion**.

For any questions or concerns, please call EFC Medspa at (281) 560-3955. In the event of a medical emergency, immediately go to the nearest hospital and/or ER or dial 911.