



## Post-procedure skin treatment tips

For two days post-procedure or seven days when receiving MD Peel (CCI3):

- Stay as cool as possible. Overheating internally can cause hyperpigmentation.
- Do not put the treated area directly into a hot shower spray.
- Do not use hot tubs, steam rooms, or saunas.
- Do not go swimming.
- Do not participate in activities that would cause excessive perspiration.
- Do not use loofahs or other means of mechanical exfoliation.
- Do not direct a hair dryer onto the treated area.
- Do not apply ice or ice water to the treated area.

General guidelines after receiving a PCA SKIN® superficial treatment:

- After receiving a PCA SKIN® professional treatment, you should not necessarily expect to “peel.” However, light flaking in a few areas for several days is typical. Most patients who undergo these treatments have residual redness for approximately one to 12 hours post-procedure.
- As with all peels and treatments, 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; however, makeup may be applied 15 minutes after the treatment if desired.
- To minimize side effects and maximize results, use **The Post-Procedure Solution** for three to five days or until flaking has resolved.
- If the skin feels tight, apply ReBalance for normal to oily skin types or Silkcoat® Balm for drier skin types to moisturize as needed. For maximum hydration, you can apply Hydrating Serum under ReBalance or Silkcoat® Balm.
- Moisturizer should be applied at least twice a day, but can be applied more frequently for hydration and to decrease the appearance of flaking.
- It is recommended that other topical, over-the-counter medications, or alpha hydroxy acid products not be applied to the skin seven days post-procedure, as they may cause irritation.
- It is recommended to delay use of tretinoin, Retin-A®, Differin®, Renova®, Tazorac®, Avage®, EpiDuo®, or Ziana®
- days when receiving MD Peel (CCI3). Consult your physician before temporarily
- discontinuing use of any prescription medications.
- Avoid direct sun exposure and excessive heat. Use Active Protection Body Broad Spectrum SPF 30, Weightless Protection Broad Spectrum SPF 45, Daily Defense Broad Spectrum SPF 50+, Hydrator Plus Broad Spectrum
- SPF 30, Active Broad Spectrum SPF 45, or Sheer Tint Broad Spectrum SPF 45 for broad spectrum UV protection.
- Do not go to a tanning bed for at least two weeks post-procedure. This practice should be discontinued due to the increased risk of skin cancer and signs of aging.
- Do not pick or pull on any loosening or peeling skin. This could potentially cause hyperpigmentation.

**Do not have another treatment until your clinician advises you to do so.**

General guidelines after receiving a medium-depth peel such as MD Peel (CCI3):

- After receiving a MD Peel (CCI3) erythema and mild edema is expected until
- the skin has re-epithelialized. Exfoliation is typically experienced for up to seven days post-procedure.
- Following medium-depth peel treatments such as; MD Peel (CCI3), Skin
- Procedure Ointment should be applied as needed to soothe compromised skin, reduce inflammation, and boost healing. Once the skin has re-epithelialized use The Post-Procedure Solution for up to seven days or until flaking has resolved.
- Do not have electrolysis, facial waxing, or use depilatories for approximately seven days.

**Do not have another treatment until your clinician advises you to do so.**