

Dermatology Associates of the South Bay
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MEDICAL SKINCARE- CHEMICAL PEELS- MICRODERMABRASION- ENZYME FACIALS- ACNE TREATMENTS
PRE AND POST TREATMENT INSTRUCTIONS

PRE-TREATMENT

- Avoid real and artificial tanning of the treatment areas, including tanning beds, spray tan and tanning creams, 1-2 weeks before treatment. Please protect the treatment area with a broad spectrum sunscreen SPF 30+ when you are in the sun. We cannot treat skin that is sunburned.
- Please stop using Retin-A/ Tretinoin/ Retinol/ Differin/ Tazoraz and similar topical irritants 4 days before treatment. If using Hydroquinone or topical Vitamin C stop using those 2 day before treatment.
- If you have a cold sore, infection, or your skin is inflamed in or near the treatment area you will need to reschedule your treatment. Please call 24 hours before your scheduled appointment to avoid being charged a cancelation fee.
- The following procedures should NOT be performed in the treatment area for a minimum of 7 days before a peel/microdermabrasion:
 - Hair Removal-Waxing, Threading, Facial Hair Bleaching, Electrolysis, Laser Hair Removal, Depilatory Cream Hair Removal
 - Laser treatments of any kind
 - Scrubs, Face Masks, Peels
- If you are under 18 years old your parent will need to come with you to your appointments to give consent for us to treat.
- *You cannot be treated if: you are taking Accutane or it has been less than 6 months since stopping the use of Accutane, the treatment area is sunburned, or has an infection.*

POST-TREATMENT

You will be given procedure specific post-treatment instructions following your treatment here are some general guidelines:

- Cleanse with a mild gentle soap-free liquid cleanser such as Cetaphil or Cerave. You will be told when to start washing. Gentle fingers are best for washing and pat the skin dry, don't rub. You will be told when you can resume use of your Clarisonic Brush if you use one and when you can resume the use of other facial cleansers.
- Moisturize with gentle non-irritation moisturizers and lotions such as Cetaphil or CeraVe Cream or Lotion or Theraplex Hydro lotion especially if the skin is experiencing peeling or flaking. Do not pick, pull or rub at dry or peeling skin!
- Protect the treated area from sun exposure and use a broad spectrum sunscreen SPF 30+ daily skin daily, reapply every 2 hours when outside. Your skin may be more sensitive to the sun.
- Following your treatment, avoid activities that add heat or cause flushing of your skin, no strenuous exercise for the balance of the day.
- Following your treatment you will be told when you can resume the use of any topical medications that you held prior to treatment. As a general guideline you should wait till all skin reaction, irritation and peeling is over before resuming the use of your Retinol/ Retin-A/ Tretinoin/ Topical Acne Medication. Initially you may want to start using it ever other night to be sure it will not be too irritating.
- In most cases makeup can be applied post treatment.
- If you have any questions or concerns about your treatment or post care, please do not hesitate to call us 310-370-9970.

Remember:

- ✓ *Microdermabrasion treatments are usually done every 2-3 weeks initially to achieve correction*
- ✓ *Chemical Peels are usually done every 4-6 weeks initially to achieve correction*