

Dermatology Associates of the South Bay
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SKINMEDICA® VITALIZE & REJUVENIZE PEEL--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.
- 7 days before a peel: The following procedures should NOT be performed in the treatment area-hair removal, waxing, threading, facial hair bleaching, electrolysis, laser hair removal, depilatory cream, hair removal, laser treatment of any kind.
- 3 days before a peel: Please stop using Retin-A/ Tretinoin/ Retinol/ Differin/ Tazoraz and similar topical irritants. Stop using products containing alpha -hydroxy acid (AHA) or beta-hydroxy acid (BHA), salicylic acid, glycolic acid, benzoyl peroxide, Hydroquinone, topical Vitamin C, exfoliating products, scrubs and things that may be drying or irritating.

Note: The use of these products/treatments prior to your peel may increase skin sensitivity and cause a stronger reaction

- If you have a cold sore, infection, or your skin is inflamed or sunburned 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. .
- Plan for your peel. Most people will have shedding/peeling of their skin starting 2-3 days post treatment, the peeling can last 5-7 days. Be sure this will not impact you socially or professionally. You can be out and about with sunscreen on and will look like someone who has is peeling after a sunburn. You can apply cosmetics and moisturize to minimize visible signs of peeling.

NOTES ABOUT YOUR PEEL:

- Although most people experience peeling of their skin, not every patient notices that their skin peels. Lack of peeling is NOT an indication that the peel was unsuccessful. If you do not notice actual peeling, please know that you are still receiving all the benefits of the peel, such as: stimulation of collagen production, improvement of skin tone and texture, and diminishment of fine lines and pigmentation.
- If you do experience peeling it generally starts 2-3 days post treatment and will last 5-7 days for the Vitalize Peel and 7+ days for the Rejuvenize Peel, some people may peel twice with the Rejuvenize Peel; the second peel is a very fine "skin flakes". DO NOT PULL OR PEEL YOUR LOOSE SKIN THIS CAN CAUSE DAMAGE, SCARS AND PIGMENTATION.
- The retinoic acid if used as part of your treatment will have a light yellow tinge after the procedure and may darken slightly then fade. A tinted sunscreen was applied to conceal this and protect your skin; you may notice the yellow color around the edges of the treatment area.

POST-TREATMENT

It is crucial to the health of your skin and the success of your peel that these guidelines be followed:

- Avoid strenuous exercise and activities that add heat to your skin in the first 24 hours. If skin redness or sensitivity persists avoid for at least 2-5 days.
- **Do not wash your face until:** tomorrow morning, tonight after ____ PM.
Cleanse with a mild gentle soap-free liquid cleanser such as Cetaphil or CeraVe. Gentle fingers are best for washing and pat the skin dry, don't rub. Continue with gentle cleaning twice a day using the recommended gentle products.

Note: The peel solution has been left on your skin and needs a certain number of hours of contact time for best results. If you are experiencing increased sensitivity, swelling or redness you should rinse the solution off sooner.

- Moisturize with gentle non-irritation moisturizers and lotions such as Cetaphil, CeraVe or Theraplex Hydro lotion especially if the skin is experiencing peeling or flaking. Do not pick, pull or rub at dry or peeling skin!
- Apply a broad spectrum sunscreen of at least an SPF 30+ daily, and containing 5%+ zinc and avoid direct sunlight for 1 week. Reapply the sunscreen every 2-4 hours especially when outside.
- For best results: cleanse, moisturize and use the SPF products we have recommended. DO NOT USE ANY OTHER PRODUCTS DURING THIS TIME. DO NOT PICK OR PULL THE SKIN. Allow the skin to peel and shed at its own pace.
- Once the peeling has completely subsided and any post peel irritation is gone, you can resume the regular use of anti-aging and exfoliating creams, your Clarisonic brush, Retinol, Tretinoin/Retin-A, Hydroquinone, topical acne products. Initially restart your topical products every other night x 1 week.
- Makeup can be applied post treatment. Wait until peeling completely subsides before having any other facial procedure performed.
- If you have any questions or concerns about your treatment or post care, please do not hesitate to call us 310-370-9970.

Remember:

- ✓ *Chemical Peels are usually done every 4-6 weeks initially to achieve correction. Most people require 3-6 initial peels.*