



CHEMICAL PEEL INSTRUCTION SHEET

6 weeks before peel:

Consult with Amy for customization of the following regimen:

- Use AHA/BHA Exfoliating Cleanser at least once/day
- Begin SkinMedica Retinol over the whole face once per day. Include the the earlobes, tragus, and hairline and continued to 1 inch below the mandibular border and 1 to 2 mm below the Eyelid (ciliary) edge. Avoid the upper lids because this can lead to irritation. If the neck is to be peeled, the same preparation is used, decreasing the frequency if the skin is irritated.
- Lytera applied twice daily. The purpose is to suppress and regulate melanocytes to prevent postinflammatory hyperpigmentation.
- This regiment causes some redness and flaking for most patients. This is normal.
- Stop the above mentioned regimen 5 days before peel to allow the skin to settle down. At this time only cleanse with a gentle cleanser, use sunblock and moisturizer
- Not following this regimen can increase the intensity and duration of the pink/redness we see after chemical peels.

Day of the peel:

- Do NOT apply ANYTHING to the skin the morning of the peel!
- Wear a button down shirt (so nothing will have to go over your head).

AFTER- CHEMICAL PEEL INSTRUCTIONS

1. ALWAYS wash your hands well before touching your face until you are fully healed.
2. Cleansing Instructions:
 - Clean the peeled areas using vinegar soaks at least 4 times/day until the skin is finished healing. This may take 7-10 days.
 - Using the gauze sponges or clean washcloths, soak the treated areas with a solution of 1 tablespoon of white vinegar mixed with 1 cup of clean, cool water. Do the soaks for 20 to 30 minutes at a time. You should find the soaks to be soothing. If the solution is irritating for some reason, the vinegar may be diluted by half (one half a tablespoon of vinegar to one cup of water).
 - After soaking, rinse w/ plain water, then reapply SkinMedica Restorative Ointment (SRO)
 - **DO NOT PEEL, RUB OR FORCE OFF ANY SKIN. Picking at the skin will lead to scarring.**
 - Reapply the SRO as soon as your face becomes somewhat dry.
3. Keep your face moist with SRO for the first nine days:
 - Wash your hands
 - Rub a moderate amount between your hands (this will warm the ointment and make it easier to apply), then gently apply the SRO to the peeled areas of skin.
4. Do not wear make-up while the skin is healing. If you are not sure, ask your doctor before you apply any makeup.
5. Male patients should avoid shaving during the healing period. If shaving is necessary, use an electric razor, very gently and lightly. Do not use any pre- or after- shave products until healing is complete.
6. Do not exercise or perform strenuous activities until your peel is completely healed. Cardio-type workouts and jogging should be avoided for at least one month because increased blood flow can cause broken blood vessels in new skin.
7. Do not allow shampoo or hair products to accumulate on dry or treated skin surfaces. Avoid using hair spray for the first week after treatment.
8. Avoid prolonged use of constrictive items such as hats, shower caps, eyeglasses, or visors in peeled areas until the skin has healed over.
9. Elevate your head while in bed with two pillows for the first few nights after your peel to relieve discomfort and help prevent swelling.
10. Use cold compresses to your eyes for the first 24-48 hours, as needed.
11. Liquids or soft foods should be taken for the first few days.
Conversation should be kept to a minimum, if the cheeks or lips have been treated.

12. When using the telephone, hold the receiver away from your face for 7 days.
13. Avoid cooking, due to the heat near your face for 7 days.
14. You may restart your TNS Serum or Recovery complex 2 weeks after the peel. If this causes redness/irritation try again in a week.
15. Do not use your Lytera or Retinol until advised. Lytera is usually started 3-4 weeks afterwards, and the Retinol at 6 weeks post-peel.
16. Absolutely no smoking for one month after peel.
17. Absolutely, **NO DIRECT SUNLIGHT.**
18. Redness of skin will vary from person to person. The fading back to normal color is a very individual process starting around day
19. Skin may feel very dry following the procedure. Once your skin is healed, usually 7-10 days:
 - Cleanse the skin with SkinMedica gentle cleanser.
 - Apply the SkinMedica Ceramide Ointment (CO) twice a day after cleansing the face
 - Apply sunscreen every morning after the CO
 - Continue to avoid direct sunlight
20. Post-peel appointments will be made to evaluate your progress. If you have any questions or concerns, call your doctor at the numbers above.