

# **PERFECT PEEL**

## **Pre & Post Treatment Instructions**

It is crucial to the health of your skin and the successes of your peel that the following guidelines are followed, if you have any queries, please contact us.

### **General Information:**

The perfect Peel contains Glutathione, Kojic Acid, TCA (Trichloroacetic Acid), Phenol, Salicylic Acid, Vitamin C and Retinoic Acid. The Perfect Peel should not be used in patients with hypersensitivity to any of the ingredients listed above. The Perfect Peel can be used on all skin types and on all areas of the body; however face, neck and chest are the most common.

### **Pre-Treatment Care**

- The perfect Peel may or may not require a pre-peel skin preparation.
- Patients may be using a daily skin care regimen of Retin-A and/or cleansers containing glycolic prior to a peel application.
- The following should be avoided 2 weeks prior to treatment: waxing, depilatories, electrolysis, and all kinds of laser treatment or surgery on the area to be treated.
- To minimize the risk of hyperpigmentation, or darkening of the treated area, tanning should be avoided 4-6 weeks prior to the procedure.
- It is recommended that extended sun exposure be avoided, especially in the 10 days prior to treatment.
- Avoid sauna and steam bath 3-5 days prior to treatment.
- Do NOT use makeup on the day of your treatment.
- If you are prone to cold sores, prophylactic antiviral therapy may be necessary prior to your treatment. Please discuss this with your practitioner.
- Inform your practitioner for any medication or topical creams you are using.

### **Post-Treatment Care**

#### **Day 1-2 The treated area will feel tight and may appear slightly darker.**

- The Peel solution must remain on the treated area(s) for at least 6 hours.
- During the first 6 hours, do not wash touch, rub or apply make-up to the treated area.
- If needed, make-up can be applied on Day 2. Do not apply sunscreen, moisturizer, make-up or any other product the day of peel application.
- If you are not experiencing any irritation or discomfort, the peel solution can remain on until your evening cleansing
- On evenings 1 and 2, gently wash and dry the treated area. Effectively apply the post-peel treatment towelette to the treated area and discard actual towelette when finished. Let dry thoroughly. Leave the treatment on overnight, do not wash off.
- If you are experiencing any irritation or discomfort, apply a small amount of 1% or 2.5% hydrocortisone to the area.
- Do not use any moisturizing products on the treated area until peeling begins (usually Day 3).

**Day 3-5 Peeling generally begins on Day 3.**

- After peeling begins, apply the Perfect Peel moisturizer (which is included in the post-peel take home kit) to the peeling areas to control the peeling and to alleviate the tightness.
- Do not rub, pick or pull on the peeling skin, let the peeling occur naturally. Rubbing, picking or pulling can cause scarring. You may cut hanging skin with a pair of small scissors.
- Gently wash (do not scrub) and dry the treated area morning and night. Apply the Perfect Peel moisturizer and SPF 30 sunscreen every 2-3 hours.
- The treated area will be very sensitive to sun exposure so daily sun exposure should be limited and a sunscreen of at least SPF 30 should be worn.

**Day 6 The peeling process is generally complete.**

- You may resume use of your normal skincare products.
- If the treated area becomes irritated, wait until the sensitivity subsides.
- Continue to protect your skin with a sunscreen containing at least SPF 30.

**After the Peel is applied the patient should refrain from usage of products containing Retin-A and glycolics for at least 2 weeks.**

**Nurse Support Line to be used during out of office hours in case of Emergency:**

**0528 928 353**