



Before and After Instructions for Skin Care Treatments

Before Treatment:

- Avoid tanning and direct sun exposure for 2 weeks prior to treatment.
- Apply a sunscreen with SPF 30 or greater every day for the duration of treatments.
- Apply topical products as instructed prior to treatment to prepare the skin.
- Discontinue use of any products containing high strengths alpha hydroxyl acids (such as glycolic and lactic acids) and prescription retinoids (such as Retin-A and Renova) 1-2 weeks prior to treatment.
- Consult with your personal physician before starting treatment if any skin lesions in the treatment area have changed, itched, or bleed.
- Treatment areas must be free of any open sores, lesions, or skin infections.
- If receiving chemical peels, only one chemical peel may be performed in a 2 week period.

After Treatment:

- Treated areas may feel sensitive, tight, or dry and may appear pink, red, and slightly swollen for 3-5 days.
- Discomfort is rare, and may be alleviated with an over-the-counter pain reliever such as acetaminophen (Tylenol) or with the use of a cool compress 15 minutes each hour a few times per day.
- After the chemical peel procedure, skin may peel varying degrees (mild, hardly visible, or heavy continuous peeling) depending on the treatment received and the condition of the skin prior to treatment. Peeling may last up to 2 weeks.
- Avoid becoming overheated, perspiring excessively, using hot tubs, steam rooms, saunas, or excessively hot showers in the first few days after treatment, as this can cause blistering and increase the risk of complications.
- Apply any post procedure topical products as instructed. Regular home skin care products (including alpha hydroxyl and retinoic acids) may be resumed 1-2 weeks after treatment or as instructed. Moisturizer may be applied twice a day for more frequently as needed for hydration and to decrease appearance of flaking.
- During the healing process, avoid picking, scrubbing, exfoliating, or abrading sensitive or peeling skin as this may result in irritation and increase the risk of pigmentation changes and scarring.
- Do NOT apply any type of glycolic acid or exfoliation products as this can severely damage or irritate the skin during the entire healing process.
- Mineral makeup may be applied after the treatment if desired. It is preferable to apply makeup the day following treatment.
- Avoid direct sun exposure and tanning bed use for 2-4 weeks after treatment and use a broad-spectrum sunscreen with SPF 30 or greater containing zinc or titanium daily.
- Avoid hot tubs, swimming, and other water sports for 2 weeks.
- Avoid electrolysis, facial waxing, or the use of depilatories for 2 weeks after treatment.