

VITALIZE PEEL INSTRUCTIONS

If you have a history of cold sores, please inform the office 3 days prior to your procedure.

ONE WEEK BEFORE YOUR PEEL: Avoid these products and/or procedures for one entire week prior to your chemical peel.

- Electrolysis, waxing, depilatory creams, laser hair removal

THREE DAYS BEFORE YOUR PEEL: stop using:

- Retin-A, Renova, Differin, Tazorac
- Any products containing Retinol, alpha or beta hydroxyl acids, benzyl peroxide
- Any exfoliating products that may be drying or irritating

Shaving of the area to be peeled should be avoided on the day of the peel.

AFTER YOUR VITALIZE PEEL: it is crucial to the health of your skin and the success of your peel that these guidelines be followed:

1. If Retinoic acid is used as part of your treatment, your skin will have a light yellow tinge immediately after the procedure. This is temporary and will fade in 1 to 2 hours. Wait until the evening to wash your face, however, if you should choose to wash it sooner, please wait until after the yellow tinge completely disappears (1-2 hours).
2. You **MUST** use a sunscreen with an SPF of 30 or greater and avoid direct sunlight for at least 1 week.
3. If you have a hypersensitivity to the sun, take extra precautions (broad brimmed hat, sunglasses) to guard against exposure immediately following the procedure as you are more sensitive following the peel.
4. Your skin may be more red than usual for 2 to 3 days. Please avoid strenuous exercise during this time.
5. Approximately 48 hours after the peel, your skin will start to peel. This peeling will generally last 2 to 5 days. **DO NOT PICK OR PULL THE SKIN.**
6. **REFER TO POST-PROCEDURE INSTRUCTIONS FOR DAILY SKIN CARE ROUTINE.**
7. Do not have any other facial treatment for at least one week after your peel. This includes facials, microdermabrasion, laser treatments, BOTOX injections, & injectable fillers.
8. You may resume the regular use of Retin-A, alpha or beta hydroxy acid products, bleaching creams, make-ups **ONLY** after your peeling process is complete.

ADVERSE EXPERIENCES THAT MAY OCCUR AFTER YOUR PEEL: It is common and expected that your skin will be red and possibly itchy and/or irritated. It is also possible that other adverse experiences such as skin rash, acne, dark spots, swelling, burning.

CALL THE OFFICE IMMEDIATELY IF YOU HAVE ANY UNEXPECTED PROBLEMS AFTER THE PROCEDURE. #270-852-1645