

POST PEEL CARE INSTRUCTIONS

IMMEDIATELY AFTER THE PEEL AND UP TO 24 HOURS

Skin may be tight and more red than usual, and may feel tacky and have a yellow to orange tinge. This is temporary and will fade in a few hours. Wait 8-12 hours before washing your face, using a gentle cleanser. (SEE POST-PEEL REGIMEN BELOW). Avoid strenuous exercise starting the day of procedure and while the skin is peeling.

24 HOURS AFTER THE PEEL AND UNTIL THE PEELING IS COMPLETE

Skin may be tight until it starts to peel. Peeling will generally start between 48-72 hours after the procedure and can last 2 to 5 days. For the first 48 hours or before the skin starts to peel/flake, moisturizer can be applied up to twice a day. **DO NOT PICK OR PULL THE SKIN**, and keep your hands off of it. Allow skin to peel at its own pace. Premature peeling of the skin will result in dry, cracked, raw skin that may develop into postinflammatory hyperpigmentation.

AFTER THE PEELING IS COMPLETE

You may resume the regular use of retinol, alpha-hydroxy acid (AHA) products or other corrective products **ONLY** after the peeling process is completed. Wait until peeling has completed before having **ANY OTHER FACIAL PROCEDURES** including facials, microdermabrasions, facial hair removal (including laser, wax, & sugaring), or injections.

POST-PEEL SKIN CARE REGIMEN

***Apply all topical skin care products gently and avoid rubbing the skin.

Cleanse: Use a gentle, soap-free cleanser after 8-12 hours. Do not use a washcloth or facial cleansing device (ie. Clarisonic®) until the peeling process is complete. **Moisturize:** Apply a gentle moisturizer (free of exfoliants or correctives such as AHA's and vitamin C) morning and night to relieve any dryness, but keep in mind that the point of peeling is to peel, so don't over apply. Finish with a **Sunscreen** with an SPF of at least 17. Since the new skin is more susceptible to sunburn, extra precautions should be taken to **avoid sun exposure** for at least one week after the peel.

SERIES OF PEELS

Vitalize Peel® can be applied every 3-4 weeks until desired results are achieved. Results are cumulative and maximum benefits are seen with a series of three or more peels. 13 CONTACT

Contact us IMMEDIATELY IF YOU ARE EXPERIENCING REACTIONS AFTER YOUR PEEL

- Moderate to severe swelling, burning, redness or pain
- Itching that does not subside or resolve after applying moisturizer
- Rash-like skin appearance