

Patient Post-Peel Instructions

DAY 1-2

The treated area may feel tight and appear darker.

The day of the peel application is "Day 1." The peel solution should remain on the treated areas for at least six hours. During this time, do not wash, touch, rub, apply SPF or makeup to the treated areas.

Post Peel Moisturizer with 1% hydrocortisone, which is included in the Patient Home Care Kit, may be used after six hours ONLY IF:

- The skin feels excessively irritated or extremely uncomfortable
- Patient is a Fitzpatrick Skin Type 4-6 and has severe melasma or hyperpigmentation
- **The Perfect Derma Clear, Plus or Plus Plus booster** was added to the treatment and all of the above apply

The peel self neutralizes after six hours, at which time you may cleanse your skin with **The Perfect Cleanser** or any gentle cleanser. You may also leave the peel on overnight if desired.

Day 2 (AM)

- Gently wash and dry the treated areas
- Vigorously apply the 1st Post Peel Towelette to the treated areas while in its square, folded shape
- Continue to apply the towelette and as it dries out, unfold it completely and continue to apply until all the solution is used
- Allow the skin to dry for 30 minutes before applying **Mineral Perfection SPF 30**

Makeup may be worn if desired. However, it is best to keep the skin free of makeup during the entire peeling process as some foundations and powders can be irritating. Eye/eyebrow makeup and lipstick or gloss is fine.

Day 2 (PM):

- 30-60 minutes before bedtime, gently wash and dry the treated areas
- Vigorously apply the 2nd Post Peel Towelette to the treated areas while in its square, folded shape
- Continue to apply the towelette and as it dries out, unfold it completely and continue to apply until all the solution is used
- Leave the towelette solution on overnight

If you are experiencing irritation, apply a small amount of **Post Peel Moisturizer** 2-3 times daily. You may also place a cold compress against the irritated area for relief.

If there is no significant irritation, do not use any moisturizing products on the treated areas until peeling begins (usually Day 3).

Avoid excessive sweating, swimming, sauna, heavy exercise or sun exposure during the peel process, as these activities may cause irritation.

DAY 3-6

Peeling generally begins on Day 3

- Apply a thin layer of **Post Peel Moisturizer** to the treated areas once peeling begins to control dryness and relieve tightness
- Should be used 2-3 times per day

Use Post Peel Moisturizer as follows:

- One week for Caucasian patients
- Two weeks for Asian, Black, and Hispanic patients, or anyone with darker skin

(If **Post Peel Moisturizer** runs out, an over the counter 1% hydrocortisone cream may be substituted)

Additional Tips:

- Do not rub, pick or pull on the peeling skin, as this may cause scarring
- Gently wash the treated areas morning and night with **The Perfect Cleanser** or any gentle cleanser
- Do not use scrubs, masks or any strong products with actives such as retinoids
- **Mineral Perfection SPF 30** should be applied every two hours during sun exposure

DAY 7 >

The peeling process is generally complete

- Mild sloughing may still be occurring in some treated areas
- Continue to protect the skin with **Mineral Perfection SPF 30**

BODY PEELS | Post peel care

Body areas require additional post peel care and products.

Please also note that body areas may take up to several weeks for peeling to begin. Skin on most body areas is much thicker and does not peel as predictably or as much as the face.

Multiple treatments are recommended for optimal results.

Follow the post peel instructions provided by your medical professional, which include daily use of **The Perfect A** and **The Perfect B Brightening Complex** (pigmentation patients only).

For both face and body areas, multiple treatments are recommended for optimal results.

Contact your skin care professional with any questions or concerns.