

## Things to be mindful of when getting your Chemical Peel:

A few days before your peel avoid these products and/or procedures

- Electrolysis
- Waxing
- Depilatory Creams
- Retin-A, Renova, Differin, Tazorac
- Any products containing Retinol, Alpha-Hydroxy Acid (AHA) or Beta-Hydroxy Acid (BHA), Benzoyl Peroxide.

Patients who have had medical facial treatments or procedures (e.g. Laser Therapy, Surgical Procedure, Ulthera®) should wait until skin sensitivity completely resolves before receiving a peel. Note: Use of the products listed above prior to the Peel may increase skin sensitivity and cause a stronger reaction.

**\*\*When booking your Peel appointments please make sure you do not have any special event or function soon after your service due to the peeling effect post treatment.\*\***

### **Post Peel Instructions**

After your Illuminize Peel/Vitalize Peel or Rejuvenize Peel:

1. It is imperative to use a sunscreen with an SPF of at least 30 and avoid direct sunlight for at least 1 week.
2. Patients with hypersensitivity to the sun should take extra precautions to guard against exposure.
3. Due to the superficial nature of the Illuminize Peel, patients should not expect to see visible peeling. Occasionally some patients may have very minor flaking 3-4 day after the procedure.
4. With a Vitalize/Rejuvenize Peel expect that approximately 48 hours after the treatment your skin will start to peel. This peeling will generally last 2 to 5 days **DO NOT PICK OR PULL THE SKIN**. Allow skin to peel at its own pace. **DO NOT USE A CLARISONC BRUSH**.
5. If Retinoic Acid was 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. We recommend waiting 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 to 2 hours).
6. Some skin may appear slightly redder than usual for 1-2 hours after the treatment. If neck and décolletage are treated, the redness might last slightly longer. Please avoid strenuous exercise during this time. Skin should look normal the next day.
7. When washing the face, do not scrub; do not use a wash cloth. Use a soap-free cleanser such as Obagi®, Neocutis® or SkinMedica® which are available at our office.
8. After washing your face, apply a treatment cream or appropriate moisturizer recommended by your medical professional for 4-5 days and as often as needed to relieve any dryness.
9. The regular use of Retin-A, Alpha Hydroxyl Acid (AHA) products or bleaching creams can be resumed after 4-5 days.
10. Wait until flaking or mild peeling completely subsides before having ANY OTHER FACIAL PROCEDURES.

Including:

- Facials
- Microdermabrasion
- Laser Treatments  
(Including Laser Hair Removal)
- Facial Hair Removal
- BOTOX® Injections
- Injectable Fillers
- Hydra Facial®

**Please call our office should you have any questions before or after your peel.**

Beachwood office: 216.514.8899      or      Westlake office: 440.871.8899