

## Skin Peels FAQ

### BENEFITS

#### Q What are the benefits of Skin Peels?

A. There are many benefits:

- A peel lifts away dead skin cells and impurities
- Increases collagen production
- Smooths the texture of the skin
- Evens skin tone, lightens and brightens the skin
- Relieves sun damage and pigmented skin
- Helps fade hyperpigmentation and diminishes fine lines
- Minimizes enlarged pores
- Improves acne conditions
- Promotes hydration

### THE PROCESS

#### Q. How do I know if I am a candidate for a Skin Peel?

A. Skin peels cannot be performed under the following:

*This list is not all inclusive*

- If you have completed a course of Accutane within one (1) year
- If you are pregnant or lactating
- If you have had ablative laser resurfacing within one (1) year
- If you have had a phenol or other deep peel within two (2) years
- If you are a diabetic and have poor healing
- If you have a tendency to scar or form keloid scars
- If you have an autoimmune disease

#### Q. How will I choose the right Skin Peel?

A. Your Aesthetician will perform a consultation to determine what type of treatment or combination of treatments is best to for your skin type and condition(s). There are three categories of Skin Peels: Light, Intermediate and Moderate

#### Q. What should I expect during my consultation?

A. During your complimentary consultation with an Aesthetician, they will evaluate your skin and determine the most suitable treatment to meet your goals.

- You will be asked to complete a questionnaire which will aid the Aesthetician in understanding your skin history and identify any potential contraindications.
- A patch test may be performed to assess an allergic response.

#### Q. What else should I know about this service?

A. An important part of achieving optimal results with your skin peel is dependent upon following pre and post care instructions along with the home care regimen developed for your skin type and condition. You may be asked to begin a pre-treatment regimen for 2-4 weeks before your first peel depending upon your current home care regimen.

During the treatment procedure, you may experience some discomfort or stinging along with a warm flushing or burning sensation. The severity depends on your skin's own sensitivity and symptoms usually subside quickly after the peel is removed.

### PRE-APPOINTMENT

#### Q. Do I need to do anything special to prepare for my Skin Peel?

A. Follow all pre and post instructions and home care product recommendations as instructed by your Aesthetician.

#### Pre-Treatment for Light, Intermediate and Moderate Skin Peels

- You must avoid sun both before and after a skin peel. Tanning (including tanning beds) is counterproductive to peeling and a contraindication to treatment. If you tan, less intensive treatments will be recommended.
- No waxing, other hair removal products or methods for seven (7) days prior to treatment.
- No Botox, collagen or other dermal filler injections within seven (7) days prior to treatment.
- Do not use self-tanning agents for at least 48 hours prior to treatment.
- Remove contact lenses prior to your appointment.
- If you are prone to oral herpes, you will need a prescription from your Physician for an antiviral medication to avoid a post treatment outbreak. Begin prophylaxis two (2) days prior to peel treatment and continue for five (5) days after peel.
- Discontinue use of over the counter Retinol, Glycolic and other Alpha Hydroxy Acids, Salicylic or Beta Hydroxy Acids, or other exfoliation products three (3) days prior to treatment.

- Discontinue use of prescription Retinoid products (Retin-A, Renova, Tretinoin, Avita, Alustra or other brands of Tretinoin), other prescription Retinoid products (Adapalene, Avage, Differin, Tazorac, Tazarotene) 30 days prior to treatment.

#### POST-APPOINTMENT

##### Q. What can I expect after a Skin Peel?

A. Each Skin Peel will have different down times.

- Standard exfoliants and Light Peels have zero (0) down time, so no flaking or peeling.
- Intermediate Peels have minimal down time and you may experience some mild peeling for two to three (2-3) days.
- Moderate Peels have down time and generally you experience peeling for up to one (1) week.

##### Q. What are the side-effects of Skin Peels?

A. Depending upon the type of skin peel used;

- A rosy glow similar to sunburn may occur during and/or after the treatment for 24-48 hours.
- Your skin may feel "sun or windburned" and will also be more vulnerable.
- Complications are rare with skin peels but can include: scabbing, scarring, hyperpigmentation or reactivation of oral herpes (cold sores).
- Skin peels may result in redness lasting 12-48 hours, followed by scaling or peeling that resolves in a few days.
- It is important not to scratch, pick, or rub the skin to avoid risk of scarring or infection.

##### Q. Do I need to do anything special after my Skin Peel?

A. Follow all pre and post instructions and home care product recommendations as instructed by your Aesthetician. This is essential for optimal results.

#### Post-Treatment for Light, Intermediate and Moderate Skin Peels

- With the exception of moderate skin peels, you may resume your daily activities or return to work immediately.
- Avoid exercise the day of your treatment.
- Drink additional water.
- Avoid direct sun exposure. All tanning must be avoided (including tanning beds). The risk of getting sunburned following a treatment increases dramatically.
- Refrain from waxing, shaving or other hair removal methods for seven (7) days. Upon resumption, please notify your service provider about the treatment you recently received.
- Refrain from Botox, collagen or other tissue filler injections for fourteen (14) days following a skin peel.
- Sunscreen will be applied to your skin before you leave. You must protect your skin every day with a full spectrum sunscreen that protects both UVA and UVB with an SPF of 20 or higher. We recommend you use a sunscreen containing zinc oxide and titanium dioxide to provide you with full spectrum protection.
- Mineral make-up may be applied following a treatment.
- For the first 24-48 hours, use a mild cleanser, hydrating moisturizer, eye cream, and sunscreen.
- Mild flaking can occur in two to three (2-3) days and may continue for up to seven (7) days. Each individual is different, some people may experience no flaking or some may experience slightly more.
- If skin is irritated and sensitive, cold compresses can provide relief. If irritation is severe, apply topical hydrocortisone cream.
- If you experience any crusting or scabbing, do not pick. This can occur and is normal. Please call so we can discuss your symptoms and make recommendations to alleviate any discomfort. Apply Neosporin ointment to keep skin moist.
- Do not peel, pick, scratch or scrub skin. This can result in scarring and/ or infection.
- Do not use glycolic, alpha hydroxy, beta hydroxy, retinol, benzoyl peroxide or topical acne medications for 24-48 hours following treatment.
- If you are treating hyperpigmentation, the use of lightening products is strongly recommended. Any substance that is applied post-treatment is absorbed very quickly and deeply.
- You may resume prescription retinoid products (Retin A, Renova, Tretinoin, Avita, Alustra or other brands of Tretinoin) and other prescription retinoid products (Adapalene, Avage, Differin, Tazorac, Tazarotene) seven (7) days after last treatment, or as instructed by your Aesthetician. If you are receiving a series of treatments, do not resume any of these products until after you have completed your last skin peel treatment.