

PRE & POST TREATMENT FOR MEDIUM & DEEP CHEMICAL PEELS

PRE-TREATMENT:

One week before your Peel, void these products and/or procedures:

- Electrolysis
- Waxing
- Depilatory Creams
- Laser Hair Removal

5 days before your peel avoid:

- Retin-A®, Renova®, Differin®, Tazorac®

2 to 3 days before your Peel, avoid:

- Any products containing retinol, alpha -hydroxy acid (AHA) or beta-hydroxy acid (BHA), or benzoyl peroxide
- Any exfoliating products that may be drying or irritating

Note: The use of these products/treatments prior to your peel may increase skin sensitivity and cause a stronger reaction.

POST PEEL INSTRUCTIONS

Recommended Products for Post-Peel Care: Facial Cleanser, Sensitive Skin Cleanser, TNS Ceramide Treatment Cream, Ultra Sheer Moisturizer, TNS Recovery Complex and Environmental Defense Sunscreen SPF 30+

AFTER YOUR 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 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. **DO NOT WASH your skin till the peel has been on for 4 hours.**
2. It is imperative that you use a sunscreen with an SPF of at least 30 and avoid direct sunlight for at least 1 week.
3. Patients with hypersensitivity to the sun should take extra precautions to guard against exposure immediately following the procedure as they may be more sensitive following the peel.
4. Your skin may be more red than usual for 2 to 5 days. Please avoid strenuous exercise during this time.
5. 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.
6. When washing your face, do not scrub and do not use a wash cloth. Use a gentle cleanser such as SkinMedica Sensitive Skin Cleanser or any other cleanser that does not contain soap.
7. After washing your face, apply SkinMedica TNS Ceramide Treatment Cream appropriate moisturizer recommended by your medical professional for 4-5 days as often as needed to relieve any dryness.
8. You may resume the regular use of Retin-A, alpha hydroxy acid (AHA) products or bleaching creams **ONLY** after the peeling process is complete.
9. Wait until 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

****Call us at 425-316-8200 immediately if you have any unexpected problems after the procedure.***

Patient Signature

Print Name

Date

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www.millcreekskinlaser.com • Hours: Tuesday-Saturday 10:00 AM-6:00 PM

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