

MILL CREEK SKIN & LASER  
**CHEMICAL PEELS – MILD, MEDIUM, DEEP**  
**Pre and Post Treatment Instructions**

**Before Treatment Starts:**

- **Treatment is not recommended if you are pregnant, nursing, taking blood thinners or immunosuppressants.**
- If you are non-Caucasian or Caucasian with melasma, you **MUST PRE-TREAT** with 4% hydroquinone or Lytera 2.0 2-4 weeks prior to each treatment you receive at Mill Creek Skin & Laser.
- Results can vary from person to person.

**Pre-Treatment: One week before your Peel, void these products and/or procedures:**

- Electrolysis
- Waxing
- Depilatory Creams
- Laser Hair Removal

**5-7 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 - Use recommended skin care products as instructed.**

Your aesthetician will recommend skin care products for your post treatment care, such as a Gentle Cleanser, TNS Ceramide Treatment Cream or moisturizer, TNS Recovery Complex and a sunblock.

**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,(mild peel does not apply), 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 48-72 hours after treatment, your skin may start to peel.\* Peeling will generally last 2 to 5 days. **DO NOT PICK OR PULL THE SKIN.** Allow skin to peel at its own pace. *\*Although most people experience peeling of their facial skin, not every patient notices that their skin peels after a Peel procedure. It can depend on the strength of the peel performed or from other factors. Lack of peeling is NOT an indication that the peel was unsuccessful. If you do not notice actual peeling, please know that you are still receiving all the benefits of the Peel, such as: stimulation of collagen production, improvement of skin tone and texture, and diminishment of fine lines and pigmentation.*
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 or appropriate moisturizer recommended by your aesthetician 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.

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

If under 18 years of age, parent or guardian must sign below.

\_\_\_\_\_  
Patient Name (Print)

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Guardian Name (Print) – if applicable

\_\_\_\_\_  
Guardian Signature / Relationship

\_\_\_\_\_  
Date