

CHEMICAL PEEL

Pre Care Instructions:

- Stop retinol products 48 hours before or after treatments.
- MUST not currently be taking ACCUTANE. If taken in past, must be off at least 6 months to 1 year.
- No suntan beds to be used 4 weeks post treatment. (Recommended never to use tanning beds)
- Sunscreen of at least SPF 30 to be applied and re-applied during sun exposure.
- Wash daily with an Alpha/Beta Hydroxy Acid cleanser to help loosen up dirt, makeup traces, and any dead skin.
- In the evening apply exfoliation creams/serums.
- Twice weekly, use a gentle exfoliating scrub/masque to help remove dead skin build-up.

It is very common to experience an increased sensitivity, dehydration, itching, flaking, peeling, stinging, mild redness, and some breakouts while preparing your skin for deeper exfoliation. Most symptoms are temporary and last only a few weeks.

Post Care Instructions:

- Wash with a gently Alpha Hydroxy Acid FREE cleanser both morning and night.
- Follow with an SPF 30 or greater.
- In the evening, use products that are rich in anti-oxidants, non-irritating, and hydrating.
- Drink more water.
- If you should experience any complications you are not sure of, contact your practitioner.
- Do NOT peel, rub or itch.

Client's Name: _____ Date: _____

Client's Signature: _____