



Mid-Depth to Deep Skin Peel

Post Treatment Instructions

Day One

Do nothing to your skin following your treatment. Avoid sun and heat inducing activities such as strenuous exercise. This is to be followed until skin is almost recovered (1 full week).

If you experience any discomfort, an over the counter pain reliever such as Tylenol or Advil may be helpful. If you have any swelling or sign of irritation, call immediately. Although there is no cause for alarm, we want to be made aware of this and we will advise you as to what you should do.

Swelling can be a normal part of the process. The tissue has been disturbed and the skin will naturally experience some swelling. The application of a cool compress during the first 24 hours (or any time during healing process) may be helpful. In the case of extreme swelling you may want to take an over the counter antihistamine such as Benadryl, unless you have been instructed otherwise by your physician.

You may cleanse your skin in the evening as long as 8 hours have passed since your peel treatment. Use appropriate cleanser and apply Epidermal Growth Factor or Drops of Essence and/or Post Balm Ointment (or Pro Salve), if needed, before going to bed.

Day Two

The skin will feel dry and tight and may be more red. Continue to use appropriate cleanser and Epidermal Growth Factor in the morning and evening. Use Drops of Essence-Hydration Drops along with Post Balm Ointment (or Pro Salve) as often as needed. In some cases the skin has already begun to change to a brown shade of color. This is just dead skin that will slough away. Be sure to keep skin moist at all times!

Day Three Through Seven

Exfoliation will occur (mild, hardly visible to heavy continuous peeling). Do not be concerned how much you actually peel. There are many other benefits that will happen. Continue to use only appropriate cleanser, Epidermal Growth Factor, Drop of Essence-Hydration Drops and Post Balm Ointment (or Pro Salve) and until your skin has returned to "normal" (usually 6-10 days). Then you may resume your normal skin care routine (cleansing, toning, nutritionals, moisturizing, and sunscreen). Do not use alpha-hydroxy acids, beta-hydroxy acids, blemish serum, ChronoPeptide A, retinoids or any other exfoliative acids (including makeup containing these ingredients) for at least two more weeks.

POST CARE OVERVIEW:

Morning and Evening:

- 1) Appropriate Cleanser
- 2) **If needed**, use Calming Skin Gel for itching, irritable or sensitive skin
- 3) Epidermal Growth Factor (Gel, Serum or Serum+)

As Needed:

- 4) Drops of Essence-Hydration Drops/Infuse 7
- 5) Post Balm Ointment (or Pro Salve) - Use as often as needed throughout the day to keep skin comfortable

Use sunscreen if outdoors!

Drink lots of water!

Cautions: DO NOT pick or prematurely peel the skin. This will cause irritation and likely scarring. Always use a sunscreen post peel if you are outdoors. Remember to be extremely careful in the sun as your skin will be photosensitive following a peel up to one month post treatment. Makeup can be worn, however may not look good on flaking skin.

If you have any questions do not hesitate to call. Often times what may seem unusual to you is really very normal and finding out will save you unnecessary concern.

This information is based on material provided by Rhonda Allison Clinical Enterprises.