



Chemical Peel Treatment

After Care Instructions

It is crucial to the health of your skin and the success of your peel that these guidelines be followed:

Specific Instructions:

You may gently wash your face tonight using the recommended mild cleanser listed below. Do not scrub or roll off flaking skin. Do not use washcloths or other face cloths that would cause extra irritation.

Immediately after your peel, you may notice your skin will appear to have a light yellow tinge to it. This is due to the Retinoic Acid that was used as part of your treatment. This is temporary and will usually fade 1 to 2 hours after your treatment.

It is imperative that you use a mild sunscreen with an SPF of at least 30 and avoid any direct and indirect sunlight for at least 10 – 14 days. 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.

Moist skin heals better than dry skin. Keep the face moisturized at all times with the mild cream recommended to you. Except at bedtime, the cream should be applied over the sun block. Re-apply the cream as often as needed whenever the skin feels tight or dry. Continue to apply the cream for approximately one week. After the skin peels and any irritation subsides, you may apply a mild, lighter lotion.

General Information:

Potential side effects for a peel may include: redness, swelling, burning, rash, cold sores, dark-spots and/or acne. If you feel that you are having a problem, please call our office at 561-748-1565 so that we may assist you.

Your skin may be more red than usual for 2 to 3 days. Please avoid strenuous exercise during this time.

Approximately 48 hours after the treatment, your skin may start to peel. Not all skin types will peel. This peeling will generally last 2 to 5 days. **DO NOT PICK OR PULL THE SKIN.**

Do not have any other facial treatments for at least one week after your peel.

Do not use Retinols alpha-hydroxy acids (AHA's) or bleaching creams for 10 – 14 days after your peel.

Lack of effect:

Although most people experience peeling of their facial skin, not every patient notices that their skin peels after a peel procedure. 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.

There are a number of reasons why a patient may not have peeling or may experience minimum peeling. The reasons may include, but are not limited to:

- Having peels regularly with a short interval between peels
- Frequent use of Retin-A, AHA or other peeling agents prior to the peel treatment
- Severe sun damage

Recommended Product Usage:

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| q Ormedic Cleanser | q Ormedic Repair Cream | q Total Hyaluronic Acid |
| q Vital C Cleanser | q Vital C Cream | q Ormedic Balancing Serum |
| q Revale Cleanser | q Revale Day/Night Cream | q Revale Intensive |
| q Ormedic Lip Complex | q Solar Defense Organic / Gel spf 30 | |

Other:

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