



Pre & Post Treatment Info – Chemical Peel

SkinMedica's Illuminize, Rejuvenize & Vitalize Peels

Before your treatment:

1. If possible, please do not wear makeup to your treatment.
2. Avoid any irritants to your skin, such as any products containing Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, or Vitamin C for one week before your treatment.
3. Do not wax, tweeze, or use a depilatory on treatment areas for 1 week prior to your treatment.

Immediately after your treatment:

Skin may be tight and more red than usual, wait until bedtime before washing your face. Start applying moisturizer after washing your face at bedtime the same night of the peel. Avoid strenuous exercise starting the day of procedure and while the skin is peeling. (If you had the Rejuvenize or Vitalize Peel, your skin may feel tacky and have a yellow to orange tinge. This is temporary and will fade in a few hours.)

Post - Illuminize Peel – The next day through four days after procedure – skin should look normal the next day. Because of the superficial nature of this peel, do not expect to see visible peeling. Occasionally, some patients may have very minor flaking 3-4 days after the procedure. Apply moisturizer recommended by your clinical professional as often as needed to relieve any dryness. Wait until skin sensitivity resolves before having any other facial procedures. Post Peel Skin Care Regimen – Cleanse with a gentle cleanser and avoid rubbing the skin. Do not use a facial cleansing device (ie, Clarisonic) until the peeling process is complete. Do not use a washcloth while the skin is peeling. Use moisturizer as often as needed to relieve any dryness and control peeling. Apply sunscreen in the AM and throughout the day. Avoid direct sunlight for at least one week. Illuminize peels can be applied every two weeks until desired results are achieved. Maximum benefits seen with series of 3 or more.

Post - Rejuvenize or Vitalize Peel – 24 hours after the peel and until peeling is complete - your skin may be tight until it starts to peel. Peeling will generally start between 48-72 hours after the procedure and can last 2-5 days. For the first 48 hours, or before the skin starts to peel/flake, moisturizer can be applied twice a day. When the skin is peeling, moisturizer should be reapplied more frequently to control the peeling. Do not pick or pull the skin. Please allow skin to peel at its own pace. Premature peeling of the skin will result in dry, cracked, raw skin that may develop into post-inflammatory hyperpigmentation. Do not scrub or rub skin or use devices like a Clarisonic while the skin is peeling. Do not use a washcloth while the skin is peeling. Use moisturizer as often as needed to relieve any dryness and control peeling. Apply sunscreen in the AM and throughout the day. Avoid direct sunlight for at least one week. Rejuvenize or Vitalize peels can be applied every 3-4 weeks until desired results are achieved. Results are cumulative and maximum benefits seen with series of 3 or more.

General rules to follow for all SkinMedica peels:

1. Avoid sun exposure and tanning beds to treated areas after treatment (we recommend this indefinitely). Daily sunscreen with an SPF of at least 30 is vital to maintain your improved skin. Reapply during sun exposure.
2. Avoid any irritants to your skin, such as any products containing Retin-A, Retinol, benzoyl peroxide, glycolic/salicylic acids, bleaches, astringents or Vitamin C for one week after your treatment or until peeling is complete.
3. Do not wax, tweeze or use a depilatory to the treated areas for 1 week after your treatment.
4. If you do not need makeup for the evening of treatment, wait until the next morning.
5. **DO NOT PICK OR PULL THE SKIN.**
6. If significant crusting occurs beyond the normal flaking of treated lesions, an antibiotic ointment such as Polysporin or Bacitracin may be recommended.
8. An antihistamine may be taken to reduce itchiness.

Emergency Information

Please contact Rejuvenations Medical Spa at 803-781-1201 during regular business hours if there are any questions or concerns with your treatment. For after hours or weekend, if you are concerned about anything you consider significant (non-medical) about your treatment, please call 803-781-1201. When voice prompted, SELECT OPTION TWO to leave a voicemail for Amy Powers Estes, the Managing Owner. She will be notified with an automatic transcribed message and will contact you upon receipt.