



CHEMICAL PEEL

VITALIZE/REJUVENIZE

If retinoic acid was used as part of your treatment, your skin will have a light yellow tinge immediately after the procedure. This is temporary and will fade in 1 to 2 hours. Please wait to wash your face after the yellow tinge completely disappears.

SUNSCREEN: You MUST wear sunscreen with an SPF of 30 or more and avoid direct sunlight for at least ONE WEEK. Patients with hypersensitivity to the sun should take extra precautions to guard against exposure immediately following the procedure.

PEELING: 48 hrs after treatment, your skin will 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.

WASHING: When washing your face, do not scrub, do not use a wash cloth. Use a gentle cleanser or a cleanser that DOES NOT contain soap.

Your skin may be more red than usual for 2 to 5 days. Please avoid strenuous exercise during this time.

You may resume regular use of your moisturizer, Retin-A, alpha hydroxy acid (AHA) products or bleaching creams ONLY after the peeling process is complete.

Wait until peeling completely subsides before having ANY OTHER FACIAL PROCEDURES.

SKIN CARE ROUTINE & RECOMMENDATIONS

Date:_____

Patient Name:_____

AM Instructions:_____

PM Instructions:_____
