



Skin Medica Post Peel Care Tips

To be used with Vitalize and Rejuvenize peels

- Cleanse using a gentle soap-free cleanser. Remember, if your skin is peeling, do not scrub or use a washcloth. Use moisturizer and SPF daily.
- Immediately after the peel your skin may be tight and more red than usual.
- The skin may feel tacky and have a yellow/orange tinge due to the solution. This is temporary and will fade in a few hours.
- Wait until bedtime to wash your face after the peel is applied.
- Peeling will generally start 48 to 72 hours after the procedure and can last 2 to 5 days depending on the skin's precondition. Remember: peeling is a side-effect, and not everyone will peel.
- Do not pick or pull the skin. Allow the 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.
- Avoid strenuous exercise on the day of the procedure and/or until your skin has stopped peeling.
- Avoid direct sunlight for at least 1 week- use sunscreen with at least SPF 30. Reapply SPF every 30 minutes.
- Avoid the following products/procedures until your skin has completely stopped peeling: retinol, tretinoin, AHAs, bleaching creams.
- Avoid facials, injections, facial hair removal, injectable filler, microdermabrasion, and laser treatment for 7 to 14 days.