

Illuminate Peel® Post-Peel Instructions

<p>IMMEDIATELY AFTER THE PEEL AND UP TO 24 HOURS</p>	<p>Skin may be tight and more red than usual. Wait until bedtime before washing your face. Start applying Skin Medica® TNS Ceramide Treatment Cream™ and/or Skin Medica® HA5 Rejuvenating Hydrator after washing your face at bedtime the same night of the peel. Avoid strenuous exercise starting the day of procedure.</p>
<p>NEXT DAY- 4 DAYS AFTER PROCEDURE</p>	<p>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 Skin Medica® TNS Ceramide Treatment Cream™ and/or Skin Medica® HA5 Rejuvenating Hydrator as often as needed to relieve any dryness.</p>
<p>4-5 DAYS AFTER PROCEDURE</p>	<p>You may resume the regular use of retinol, alpha-hydroxy acids (AHA) products or bleaching creams. Wait until skin sensitivity resolves before having ANY OTHER FACIAL PROCEDURES including facials, microdermabrasion, facial hair removal (including laser hair removal), injections or injectable fillers.</p>
<p>POST-PEEL SKIN CARE REGIMEN</p>	<p>Cleanse: Use a gentle, soap-free cleanser like SkinMedica Facial Cleanser. Wash the face gently and avoid rubbing the skin. Do not use a facial cleansing device (ie. Clarisonic®) until the peeling process is complete. Moisturize: Apply Skin Medica® TNS Ceramide Treatment Cream™ and/or Skin Medica® HA5 Rejuvenating Hydrator as often as needed to relieve any dryness. Apply all topical skin care products gently and avoid rubbing the skin. Sun Protection: Apply Skin Medica® Essential Defense Mineral Shield Sunscreen or an Elta MD® Sunscreen. You may use the tinted versions to help conceal redness. AVOID DIRECT SUNLIGHT FOR AT LEAST ONE WEEK.</p>
<p>SERIES OF PEELS</p>	<p>For maximum results, the Illuminate Peel® can be applied every two weeks until desired results are achieved. Results are cumulative and maximum benefits are seen with a series of three or more peels.</p>

CONTACT THE OFFICE IMMEDIATELY IF YOU ARE EXPERIENCING REACTIONS AFTER YOUR PEEL SUCH AS:

- Moderate to severe swelling, burning or redness
- Itching that does not subside or resolve after applying moisturizer
- Rash-like skin appearance
- Pain