

### Vitalize Peel® Post-Peel Instructions

<p><b>IMMEDIATELY AFTER THE PEEL AND UP TO 24 HOURS</b></p>	<p>Skin may be tight and more red than usual.</p> <p>Skin may feel tacky and have a yellow to orange tinge. This is temporary and will fade in a few hours.</p> <p>Wait until bedtime before washing your face.</p> <p><b>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.</b></p> <p>Avoid strenuous exercise starting the day of procedure and while the skin is peeling.</p>
<p><b>24 HOURS AFTER THE PEEL AND UNTIL THE PEELING IS COMPLETE</b></p>	<p>Skin may be tight until it starts to peel.</p> <p>Peeling will generally start between 48-72 hours after the procedure and can last 2 to 5 days.</p> <p>For the first 48 hours or before the skin starts to peel/flake, moisturizer can be applied twice a day.</p> <p>When the skin is peeling, moisturizer should be reapplied <u>more frequently</u> to control the peeling.</p> <p>DO NOT PICK OR PULL THE SKIN. Allow the skin to peel at its own pace.</p> <p><b>Premature peeling of the skin will result in dry, cracked, raw skin that may develop into post-inflammatory hyperpigmentation and/or scarring.</b></p>
<p><b>AFTER THE PEELING IS COMPLETE</b></p>	<p>You may resume the regular use of retinol, alpha-hydroxy acids (AHA) products or bleaching creams ONLY after the peeling process is completed.</p> <p>Wait until peeling has completed before having ANY OTHER FACIAL PROCEDURES including facials, microdermabrasion, facial hair removal (including laser hair removal), injections or injectable fillers.</p>
<p><b>POST-PEEL SKIN CARE REGIMEN</b></p>	<p><b>Cleanse:</b> Use a gentle, soap-free cleanser like SkinMedica Facial Cleanser. Wash the face gently and <b>avoid rubbing the skin</b>. Do not use a facial cleansing device (ie. Clarisonic®) until the peeling process is complete. Do not scrub or use a washcloth while the skin is peeling.</p> <p><b>Moisturize:</b> Apply <b>Skin Medica® TNS Ceramide Treatment Cream™ and/or Skin Medica® HA5 Rejuvenating Hydrator</b> as often as needed to relieve any dryness and control peeling. Apply topical skin care products gently and <b>avoid rubbing the skin</b>.</p> <p><b>Sun Protection:</b> Apply Skin Medica Essential Defense Mineral Shield Sunscreen or an Elta MD® Sunscreen. You may use the tinted versions to help conceal redness.</p> <p><b>AVOID DIRECT SUNLIGHT FOR AT LEAST ONE WEEK.</b></p>
<p><b>SERIES OF PEELS</b></p>	<p>Vitalize Peel® can be applied every 3-4 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