

## **PATIENT INSTRUCTIONS FOR CHEMICAL PEELS**

### **1 WEEK PRIOR TO APPOINTMENT:**

- Discontinue use of any Retinoids, Hydroquinone, and Benzoyl Peroxide products.
- Refrain from Waxing, Electrolysis or any other procedures.

### **AT HOME POST PEEL CARE:**

It may take up to 1 week for the appearance of your skin to return to normal. During the repair process you may experience some of the following: Stinging, itching, burning, and mild to moderate pain, tightness and peeling along with scabbing of the superficial layer of the skin. These sensations will gradually diminish over the course of the week as the skin returns to its normal appearance. If swelling occurs, use cold compress with ice for 15 minutes on and 15 minutes off, intermittently as needed.

- Apply Glytone Sunscreen SPF 25 daily.
- Use Avene Tolerance Extreme Post Procedure Kit for 3 to 7 days or until skin feels normal.
- Resume Glytone regimen as directed by physician.

### **To avoid possibility of scarring DO NOT:**

- Peel the skin
- Scratch the skin
- Pick the skin

### **SOME PATIENTS MAY EXPERIENCE:**

- Excessive sunlight should be avoided for at least one week following a peel and one week prior to your next peel visit. Always use a sunscreen as recommended by your physician.
- If you have any questions or concerns call your doctor or skin care professional.

## **GLYTONE SALICYLIC ACID PEEL POST PEEL INSTRUCTIONS**

### **IMMEDIATELY FOLLOWING YOUR PEEL**

You may experience stinging, burning, tightness, flaking, and peeling of the skin as it renews itself. These sensations will diminish in a day or two. If swelling occurs, use ice water compresses for 25-48 hours intermittently, as necessary

Your skin is very sensitive, wait a minimum of 12 hours before applying make-up on the treated areas, and you should skip the evening portion of the Glytone At-Home Regimen on the day of your peel or directed by your physician.

### **FOR THE NEXT 24 HOURS**

Wash the treated area very gently, using only the cleanser recommended by your doctor. **DO NOT PEEL, PICK, SCRAPE, SCRATCH, USE A MASK or FACIAL SCRUB** on your skin.

Do not use abrasive cloths or exfoliating sponges on any of the treated areas.

### **FOR THE NEXT WEEK**

Excessive sunlight should be avoided for at least one week following a peel and one week prior to your next peel visit. Always use a sunscreen as recommended by your physician.

**If you have any questions or concerns call your doctor or skin care professional at 305-270-1361.**

**I have read and understood all information presented to me before signing this consent.**

**PATIENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_**

**PROVIDER SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_**