

## ILLUMINIZE PEEL®

### POST-PEEL INSTRUCTIONS

<b>IMMEDIATELY AFTER THE PEEL AND UP TO 24 HOURS</b>	<ul style="list-style-type: none"><li>• Skin may be tight and more red than usual</li><li>• Wait until bedtime before washing your face</li><li>• <b>Start applying moisturizer after washing your face at bedtime the same night of the peel</b></li><li>• Avoid strenuous exercise starting the day of procedure</li></ul>
<b>NEXT DAY - 4 DAYS AFTER PROCEDURE</b>	<ul style="list-style-type: none"><li>• Skin should look normal the next day</li><li>• 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</li><li>• Apply moisturizer recommended by a medical professional as often as needed to relieve any dryness</li></ul>
<b>4 - 5 DAYS AFTER PROCEDURE</b>	<ul style="list-style-type: none"><li>• You may resume the regular use of Retin-A®, retinol, alpha-hydroxy acids (AHA) products or bleaching creams</li><li>• Wait until skin sensitivity resolves before having ANY OTHER FACIAL PROCEDURES including facials, microdermabrasion, facial hair removal (including laser hair removal), Botox® injections or injectable fillers</li></ul>
<b>POST-PEEL SKIN CARE REGIMEN</b>	<p style="text-align: center;"><b><u>Cleanse:</u></b></p> <p>Use a gentle, soap-free cleanser like SkinMedica® Sensitive Skin Cleanser or Facial Cleanser. Wash the face gently and <b>avoid rubbing the skin.</b></p> <p style="text-align: center;"><b><u>Moisturize:</u></b></p> <p>Apply TNS Ceramide Treatment Cream™, Ultra Sheer Moisturizer or other SkinMedica® moisturizer recommended by a medical professional as often as needed to relieve any dryness. Apply moisturizer gently and <b>avoid rubbing the skin.</b></p> <p style="text-align: center;"><b><u>Sun Protection:</u></b></p> <p>Apply Daily Physical Defense® Sunscreen Broad Spectrum SPF 30+ in the AM and throughout the day. AVOID direct sunlight for at least one week.</p>
<b>SERIES OF PEELS</b>	<p>For maximum results, the Illuminize 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 REACTION 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

OFFICE CONTACT: Flagstaff Face & Body                      928.226.9355                      info@facebodyspa.com