

VITALIZE PEEL®

POST-PEEL INSTRUCTIONS

<p>IMMEDIATELY AFTER THE PEEL AND UP TO 24 HOURS</p>	<ul style="list-style-type: none"> • Skin may be tight and more red than usual. • Skin may feel tacky and have a yellow to orange tinge. This is temporary and will fade in a few hours. • Wait until bedtime before washing your face. • Start applying moisturizer after washing your face at bedtime the same night of the peel • Avoid strenuous exercise starting the day of procedure and while the skin is peeling.
<p>24 HOURS AFTER THE PEEL AND UNTIL THE PEELING IS COMPLETE</p>	<ul style="list-style-type: none"> • Skin may be tight until it starts to peel. • Peeling will generally start between 48-72 hours after the procedure and can last 2 to 5 days. • For the first 48 hours or before the skin starts to peel/flake, moisturizer can be applied twice a day. When the skin is peeling, moisturizer should be reapplied <u>more frequently</u> to control the peeling. • DO NOT PICK OR PULL THE SKIN. Allow 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.
<p>AFTER THE PEELING IS COMPLETE</p>	<ul style="list-style-type: none"> • You may resume the regular use of Retin-A®, retinol, alpha-hydroxy acid (AHA) products or bleaching creams ONLY after the peeling process is completed. • Wait until peeling has completed before having ANY OTHER FACIAL PROCEDURES including facials, microdermabrasions, facial hair removal (including laser hair removal), Botox® injections or injectable fillers
<p>POST-PEEL SKIN CARE REGIMEN</p>	<p style="text-align: center;"><u>Cleanse:</u></p> <p>Use a gentle, soap-free cleanser like SkinMedica® Sensitive Skin Cleanser or Facial Cleanser. Wash the face gently and avoid rubbing the skin. Do not scrub or use a washcloth while the skin is peeling.</p> <p style="text-align: center;"><u>Moisturize:</u></p> <p>While skin is peeling, 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 and control peeling. Apply moisturizer gently and avoid rubbing the skin.</p> <p style="text-align: center;"><u>Sun Protection:</u></p> <p>Apply Daily Physical Defense® Sunscreen Broad Spectrum SPF 30+ Sunscreen in the AM and throughout the day. AVOID direct sunlight for at least one week.</p>
<p>SERIES OF PEELS</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
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

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PEEL JOURNAL

PATIENT NAME: _____

PEEL RECEIVED ON: _____

Please bring the journal to your next peel or follow-up visit

HOW DID YOUR SKIN LOOK/FEEL ON EACH DAY OF THE PEEL?	
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	
Day 8	
Comments:	
VARIATION IN AMOUNT OF PEELING: <p>The degree of peeling may vary depending on the individual's skin type and skin condition. The success of the peel is not determined by the amount of peeling but by the end results that the peel will produce. Regardless of the degree of peeling, the skin is still sloughing off at an accelerated rate which will result in enhanced skin tone and texture as well as a decrease in the appearance of fine lines and skin discoloration.</p>	

Which description best represents your overall satisfaction from the peel?

- Excellent (very satisfied)
- Good (moderately satisfied)
- Fair (slightly satisfied)
- Poor (not satisfied at all)
- Other (please specify) _____