



New Image Works
3633 W Lake Ave, Ste 303, Glenview, IL 60026 (224) 432-5803
1250 N Wells St, Ste A, Chicago, IL 60610 (312) 638-4979

PRE- and POST TREATMENT INSTRUCTIONS FOR CHEMICAL PEEL

ONE WEEK BEFORE THE PEEL

- 1) Discontinue any topical prescriptions or any products containing Retinol or Vitamin A
- 2) Avoid waxing, electrolysis, hair removal creams, and laser hair removal treatments
- 3) Avoid sun exposure (and tanning beds)
- 4) Do not receive Botox or dermal fillers
- 5) Do not have another facial or peel treatment

DAY OF YOUR PEEL

- 1) Do not use any alpha hydroxy acid (AHA), beta hydroxy acid (BHA) and benzoyl peroxide
- 2) Stop any exfoliating products that may be drying or irritating
- 3) MEN-DO NOT SHAVE IMMEDIATELY POST PEEL

After receiving your peel do not use any skin care products that have not been approved by your aesthetician. You may start your post treatment kit the next morning.

CHEMICAL PEEL AFTERCARE

- The initial -72 hours post procedure are the most critical.
- Clients should adhere to the following guidelines for healthy, radiant skin:
- Avoid direct sun and extremes of heat or cold. This includes tasks such as gardening, cooking over a hot stove for a long period of time, exercising, swimming, sitting next to a bonfire or fireplace, hot tubs/baths.
- Discontinue use of any AHA products for 72 hours, or 6 weeks if doing a treatment cycle. A client may continue their regular skin care routine after 72 hours or when their skin is no longer flaking/peeling.
- Use hydrating and reparative products. Products rich in soothing and healing ingredients are best to encourage new healthy cell growth. Antioxidants, Vitamins A, C and E, Natural Skin Lighteners and Growth Factors work well.
- Use Sunscreen. Clients should never go out even on a cloudy day without sun protection if they do peels.



- No scratching, peeling or picking. no exercise, steam rooms or hot tubs for first 24 hours, drink plenty of water and have a realistic expectation of the healing process.
- For two days post-procedure or seven days when receiving MD Peel (CCI3):
- Stay as cool as possible. Overheating internally can cause hyperpigmentation.
- Do not put the treated area directly into a hot shower spray.
- Do not use hot tubs, steam rooms, or saunas.
- Do not go swimming.
- Do not participate in activities that would cause excessive perspiration.
- Do not use loofahs or other means of mechanical exfoliation.
- Do not direct a hair dryer onto the treated area.
- Do not apply ice or ice water to the treated area.
- General guidelines after receiving a PCA SKIN® superficial treatment:
- After receiving a PCA SKIN® professional treatment, you should not necessarily expect to “peel.” However, light flaking in a few localized areas for several days is typical. Most patients who undergo these treatments have residual redness for approximately one to 12 hours post-procedure.
- As with all peels and treatments, it is recommended that makeup not be applied the day of treatment, as it is ideal to allow the skin to stabilize and rest overnight; however, makeup may be applied 15 minutes after the treatment if desired.
- To minimize side effects and maximize results, use The Post-Procedure Solution for three to five days or until flaking has resolved.
- If the skin feels tight, apply ReBalance for normal to oily skin types or Silkcoat® Balm for drier skin types to moisturize as needed. For maximum hydration, you can apply Hydrating Serum under ReBalance or Silkcoat® Balm.
- Moisturizer should be applied at least twice a day, but can be applied more frequently for hydration and to decrease the appearance of flaking.
- It is recommended that other topical, over-the-counter medications, or alpha hydroxy acid products not be applied to the skin seven days post-procedure, as they may cause irritation.
- It is recommended to delay use of tretinoin, Retin-A®, Differin®, Renova®, Tazorac®, Avage®, EpiDuo®, or Ziana® five days prior post-procedure or seven days when receiving MD Peel (CCI3). Consult your physician before temporarily discontinuing use of any prescription medications.
- Avoid direct sun exposure and excessive heat. Use Active Protection Body Broad Spectrum SPF 30, Weightless Protection Broad Spectrum SPF 45, Daily Defense Broad Spectrum SPF 50+, Hydrator Plus Broad Spectrum SPF 30, Active Broad Spectrum SPF 45, or Sheer Tint Broad Spectrum SPF 45 for broad spectrum UV protection.
- Do not go to a tanning bed for at least two weeks post-procedure. This practice should be discontinued due to the increased risk of skin cancer and signs of aging.
- Do not pick or pull on any loosening or peeling skin. This could potentially cause hyperpigmentation.
- Do not have another treatment until your clinician advises you to do so.



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- **General guidelines after receiving a medium-depth peel such as MD Peel (CCI3):**
- After receiving a MD Peel (CCI3) erythema and mild edema is expected until the skin has re-epithelialized. Exfoliation is typically experienced for up to seven days post-procedure.
- Following medium-depth peel treatments such as; MD Peel (CCI3), Skin Procedure Ointment should be applied as needed to soothe compromised skin, reduce inflammation, and boost healing.
- Once the skin has re-epithelialized use The Post-Procedure Solution for up to seven days or until flaking has resolved.
- Do not have electrolysis, facial waxing, or use depilatories for approximately seven days.
- Do not have another treatment until your clinician advises you to do so.