



# TIMELESS

## SKIN SOLUTIONS

### chemical peel before & after treatment instructions

#### Before treatment:

If you've started any antibiotics or other medications since your initial visit, please let us know.

1. Refrain from these activities for 7 days prior to your treatment:
  - a. Do not have another treatment, unless otherwise directed.
  - b. Avoid any irritants to your skin, including retinoids and retinol, glycolic and salicylic acids, benzoyl peroxide, astringents and Vitamin C. If you are on these products long term and have no irritation or redness from these products, please feel free to continue use.
  - c. Do not wax, tweeze, or use depilatory creams.
  - d. Avoid artificial tanning and sun exposure 2 weeks prior to scheduled treatment.
2. Do not schedule a procedure if you are pregnant or think you are pregnant.
3. Continue to use other skincare products, including Lytera or other lightening agents.
4. On the day of your treatment
  - a. Wash your face and apply moisturizer.
  - b. Do not apply makeup.
  - c. At home, have Benadryl and aspirin or Tylenol available.
  - d. Men: Please shave prior to treatment with a straight-edge blade. Shaving cream is acceptable to use.

#### After treatment:

**Day 1:** Rinse off the peel 4-6 hours after treatment using your fingertips and cool water. Do not apply anything else to the skin. Your skin will appear sunburned today and will continue to get more red as the day continues. It will begin to feel tight. You may also experience itching or mild burning as the peel penetrates deeper into the skin. You can help to alleviate this sensation by taking Benadryl or Zantac (for itching) and aspirin or Tylenol (for discomfort) as needed. You will want to avoid wearing makeup or tight fitting glasses for the first 3 days. Pressure from the nosepiece could cause deepening of the peel in that area.

**Day 2:** Your skin will continue to feel very tight. The top layers of the skin are dehydrating. You will look like you have an uneven sunburn/tan. You may still feel comfortable in public today. By the end of the day your skin may begin to flake, usually starting between your eyes, around your mouth and nose. Sun damaged spots may turn darker prior to peeling. Rinse your face with cool or tepid water, and only use your fingertips. Do not use a cleanser or moisturizer. **DO NOT PEEL THE SKIN.**

If any area is irritated, you may apply SkinMedica's TNS Recovery Complex, Ceramidine cream, and/or a mild hydrocortisone cream.

**Day 3:** Your skin will flake, peel and feel very tight today. DO NOT peel the skin at any time. If you were to peel skin that is not ready to come off, you can cause scarring. You may carefully use manicure scissors to clip any hanging skin. Today and tomorrow you may want to avoid making any social plans.

Begin using a gentle cleanser today, such as SkinMedica's Sensitive Skin Cleanser or SkinMedica's Facial Cleanser, and a strong hydrating cream, such as SkinMedica's Dermal Repair or Ceramide cream. Do NOT use SPF or retinoids, retinol, acids, astringents or vitamin C. You must completely avoid the sun during this time. This is the last day you should use hydrocortisone to irritated areas.

**Day 4:** The majority of peeling takes place between days 3 and 4. Continue with cleansing and moisturizing. Some areas will have completely peeled and other areas may have not peeled at all. This is normal.

**Day 5:** Your skin may be tender for a few days. You may exfoliate the skin with a gentle scrub, or use the Clarisonic Brush with a gentle cleanser, to remove any remaining skin that has not peeled. Continue to avoid sun exposure for the next two weeks. You may begin to wear SPF if it is not irritating.

**Day 6:** You may be seen today for a SilkPeel™ treatment to remove the remaining flaking skin. Ease back into your skin care products. Wear sunscreen at all times following your SilkPeel™ treatment.

#### **Between week 1 and week 2:**

You may resume waxing, tweezing, or depilatory creams during this week. By the end of the second week you should be able to tolerate glycolic, salicylic, vitamin C, and retinol or retinoid products. You will notice your skin is pink for about one more week.

SkinMedica offers a line of products containing TNS, a compound which promotes skin healing and is a great addition to your post peel regimen. Remember, daily sunscreen with an SPF of 30 is recommended to maintain your improved skin.

If you have questions at any time, please call the office at (614) 799-5100 or email [contact@timelesssskinsolutions.com](mailto:contact@timelesssskinsolutions.com).