

SKINMEDICA VITALIZE PEEL – RLIENT AFTER CARE

PATIENT HAND-OUT

VITALIZE PEELS are performed by a qualified Doctor. A course of three to six chemical peels is recommended every 3 weeks. The practitioner will decide after a complete skin analysis how many treatments you will require. Regular homecare routine is essential.

AFTER YOUR VITALIZE PEEL™: It is crucial to the health of your skin and the success of your peel that these guidelines be followed:

1. If Retinoic Acid is used as part of your treatment, your skin will have a light yellow tinge immediately after the procedure. This is temporary and will fade in 1 to 2 hours. SkinMedica recommends waiting until the evening to wash your face, however if you should choose to wash it sooner, please wait until after the yellow tinge completely disappears (1 to 2 hours).
2. It is imperative that you use a sunscreen with an SPF of at least 30 and avoid direct sunlight for at least 1 week.
3. Patients with hypersensitivity to the sun should take extra precautions to guard against exposure immediately following the procedure as they may be more sensitive following the peel.
4. Your skin may be more red than usual for 2 to 3 days. Please avoid strenuous exercise during this time.
5. Approximately 48 hours after the treatment, your skin will start to peel. This peeling will generally last 2 to 5 days. **DO NOT PICK OR PULL THE SKIN.**
6. When washing your face, do not scrub. Use a gentle cleanser such as SkinMedica Sensitive Skin Cleanser or any other cleanser that does not contain soap.
7. Apply a light moisturizer such as SkinMedica Ultra Sheer Moisturizer as often as needed to relieve dryness and tightness.
8. Do not have any other facial treatment for at least one week after your peel.
9. You may resume the regular use of Retin-A, alpha-hydroxy acid (AHA) products or bleaching creams **ONLY** after the peeling process is complete.