



POST PEEL INSTRUCTIONS

Do not wash your face until the morning following the treatment. Use a mild cleanser (such as Cetephil or **Vivite Hydrating Wash**) and a mild moisturizer (**Vivite Hydrating Cream** or **Rejuvi Super Soothing Lotion/Ointment**).

Immediately after treatment you may experience any, all or none of the described symptoms. Obvious flaking may or may not occur depending on the amount of build-up of oils, keratin layers and individual skin thickness. If you do see some flaking, it will not be in an even, uniform pattern and will appear in patches. Everyone is different and every treatment is different.

*Do not use **Retin A** or any other **tretinoin** or acid products on the face for the first week following peels. Do not use a washcloth, scrubs or exfoliants, Clarisonic brush or beaded washes. Blot dry with a towel....do not rub! Do not wax, laser or have electrolysis performed on the treated areas for one week post treatment.*

Flaking may occur in 2 to 7 days. Dry patches will occur. The fibroblasts in the cell layers have been stimulated to increase collagen production whether you have visible flaking or not. As your skin begins to respond, we will adjust treatment in graduated levels.

- **Day One:** A red or pink “scrubbed” look, sensitivity to the sun or a sunburned feel to the skin may appear. Use a gentle cleanser (**Vivite Hydrating Wash**) and moisturizer (**Vivite Hydrating Cream**) and a sunscreen with a SPF 25 or higher. (**Rejuvi Sunscreen** with zinc oxide and titanium dioxide) You may use an over-the-counter hydrocortisone cream for redness reduction in addition to your moisturizer.
- **Day Two:** Tightness, drying and a “drawn” look may appear. Today is not the day to examine the skin for fine lines and wrinkles. Use a gentle cleanser, lots of moisturizer and a sunscreen with a SPF 25 or higher.
- **Day Three thru Day Seven:** Exfoliation will occur (mild, hardly visible peeling to heavy continuous peeling, depending on your skin). Continue use of mild cleanser, moisturizer and sunscreen. Do not pick or prematurely peel the skin. This may cause scarring and irritation. You must wear a sunscreen daily!!
- **After Day Seven:** You may resume your normal skin care regimen.

If you have any questions or concerns, please do not hesitate to call our office at 972 998-6484 or email us at info@spainthecity.com