

For any questions or concerns, please contact me at (803) 479-1582 (cell)

CHEMICAL TREATMENT POST-CARE

FIRST 48 HOURS:

- Stay cool! Heating 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 or place treated area in steam
- Do not go swimming.
- Do not participate in activities that would cause excessive perspiration.
- Do not use loofahs, glycolic acid or any type of manual 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 professional chemical treatment, you may not “peel” in the conventional sense. You should expect light, localized flaking for 2-5 days.
- Most patients have residual redness for approximately 1-12 hours post-procedure.
- It is recommended that makeup not be applied until the day after the treatment to allow the skin to stabilize and rest overnight. If necessary, makeup can be applied 15 minutes after treatment completion.
- Cleanse your face with water or a mild soap substitute. Gently moisturize your face a minimum of 3 times a day from the morning after the treatment until the flakiness subsides.
- Direct sunlight exposure is to be completely avoided immediately following the treatment (including any strong UV light exposure and tanning beds). If some sun exposure cannot be avoided, first apply sunscreen with an SPF of 30 or greater. Sunscreen (with at least a SPF of 15) should become a part of your daily skin care regimen as your skin will become more sensitive to the sun as a result of this treatment.
- Do not go to a tanning bed for at least 2 weeks post-procedure. This practice should be discontinued due to the increased risk of skin cancer and increased signs of aging associated with tanning beds.
- Do not peel, rub, or scratch your skin at anytime, whatsoever. This WILL cause damage and compromise your results as well as possibly cause hyperpigmentation to severe scarring.
- If you experience painful areas of the face, contact your skin care therapist immediately, especially if you are prone to cold sores. Any blisters that form will need to be reported immediately.
- Do not have electrolysis, facial waxing or use depilatories for approximately 5 days.
- It is recommended to delay use of tretinoin, Retin-A, Differin, Renova, Tazorac, Avage, EpiDuo or Ziana 5 days post-procedure. Consult your physician before temporarily discontinuing any prescription medications.
- It is recommended that other topical, over-the-counter medications or alpha hydroxyl acid products not be applied to the skin 7 days post-procedure, as they may cause irritation.

POST--PROCEDURE PRODUCTS:

Products have been suggested for purchase and use after your chemical treatment for \$20, because they are effective to maintain skin health during this recuperative period and obtain optimum results from the chemical treatment. You should follow this regimen for the 5-7 days following your treatment:

| | Cleanse | Exfoliate | Protect/Repair |
|----|--------------|----------------------------------------------------------------------------------------------------------------------------|--------------------------------------|
| AM | Green – dime | XXXXXXXXXX | Yellow – dime Apply under make-up |
| PM | Green - dime | (3 rd , 5 th , 7 th) Orange – nickel Once peeling seen, leave on 30 mins/rinse off | Purple – dime Leave on overnight |

***Night of Treatment: Clean with Green and apply Blue packet only and leave on overnight

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In the event that you may have additional questions or concerns regarding your treatment or suggested home product/post-treatment care, you must contact me immediately at (803) 479-1582 (cell).

Additional instructions:

Client Name (signature)

(printed)

(date)

Esthetician (signature)

(printed)

(date)

