

COMPLIANCE PRIOR TO SKIN PEELING TREATMENT

1. Discontinue the use of Accutane/Isotretinoin for **one (1) year** prior to treatment.
2. Discontinue use of over the counter Retinol (Retin-A, Renova, Tretinoin, Avita, Alustra or other brands of Tretinoin) for **30 days** prior to treatment. Also discontinue scrubs, Glycolic and other Alpha-Hydroxy-Acids, Salicylic or Beta-Hydroxy-Acids, Vitamin C or other exfoliation products
3. **7 days** prior to treatment.
4. If you are prone to cold sores, you will need to contact your physician for antiviral medication to avoid a post treatment breakout. Begin prophylaxis **2 days** prior to treatment and continue after treatment as prescribed by your doctor.
5. Discontinue the use of Botox, Juvederm, Restylane, or other injectibles, waxing, electrolysis and other hair removal products or methods for **2 weeks** prior to treatment:
6. Follow all pre-peel home care product recommendations as instructed by your Skinologist. Optimal results are achieved by following a home care regimen that will enhance the microdermabrasion process.

COMPLIANCE AFTER SKIN PEELING TREATMENT

Peels exfoliate the top layers of the skin, so any substance that is applied post-treatment is absorbed very quickly and deeply. A slight rosy sunburn glow may appear for approximately 24-48 hours. Your skin may feel sensitive and will also be more vulnerable to sunburn so it is imperative you follow these instructions carefully.

Please note, not everyone notices their skin peels after procedure. Lack of peeling is NOT an indication that the treatment was unsuccessful. If you do not notice actual peeling, you are still receiving all the benefits of the peel such as stimulation of collagen production, improvement of skin tone, texture and diminishment of fine lines and pigmentation.

1. You may resume your daily activities or return to work immediately. Mineral make up can be applied following a treatment. If you experience discomfort following make-up application, remove it immediately.
2. You must wear full spectrum UVA and UVB sunscreen SPF of 30 + every day after the treatment preferably with Zinc Oxide and/or Titanium Dioxide. Avoid direct sun exposure and tanning beds during the course of treatments.
3. For the first **24-48 hours**, use a mild milk cleanser, hydrating moisturizer, eye cream, and sunscreen. If you are treating hyper-pigmentation, the use of lightening products is strongly recommended.
4. Do not use Glycolic, AHA's, BHA's, vitamin C, scrubs, benzoyl peroxide or topical acne medications for **3-5 days** following treatment.
5. You may resume prescription Retinoid products **10-14 days** after **LAST** peel treatment.
6. Refrain from waxing, electrolysis or other hair removal methods for **30 days** post treatment.
7. Refrain from Botox, Restylane or other tissue filler injections for **7 days** following treatment.
8. Avoid strenuous exercise for at least **3-5 days** following treatment. Drink additional water. Cold compresses can provide relief from the "sun-burned" feeling.

Failure to follow these instructions may result in prolonged healing or other complications post peel treatment.

If you have any questions or concerns please do not hesitate to call us at 289.775.5639 or e-mail sylvia@bionomespa.com