



Chemical Peels, Microdermabrasion, and Non-Invasive Laser Treatments - Patient Instructions

Pre-Treatment Instructions:

- 1) Please refrain from these activities within 14 days of your appointment
 - Having a chemical peel
 - Tanning in natural sunlight or a tanning booth (this practice should be discontinued)
 - Having a wax or chemical depilatory treatment (5-7 days)
 - Getting Botox or dermal filler injections (7 days)
 - Microdermabrasion treatments
- 2) If you are lactating, pregnant, or think you might be pregnant, you are only a candidate for Oxygenating Trio or Detox Gel Deep Pore Treatment.
- 3) Please refrain from sun exposure for 10 days prior to your appointment. Do not come the appointment sunburned (please let us know if you are unable to keep your appointment)
- 4) Delay the use of Retin-A, Renova, Differin, Tazorac, or Avage and high percentage glycolic acid products for approximately 5-10 days prior to your appointment (using any of these will take the treatment deeper and make your results less predictable. Please consult the dispensing physician before discontinuing the use of any prescription medications)
- 5) Use of PCA SKIN home care products prior to your peel will prepare the skin and allow for better treatment results

These superficial peels will result in little to no downtime. Treatment may include slight redness, tightness, peeling, flaking and/or temporary dryness. Most patients find it unnecessary to apply makeup, as your skin will be smooth, dewy and radiant following your treatment. If you would like to apply makeup, allow approximately 15 minutes for the pH of the skin to stabilize before applying foundation.

Post-Treatment Instructions:

If you have just had a PCA SKIN treatment, you should not necessarily expect to “peel.” However, you may have light flaking in a few localized areas for a couple days. Most patients who undergo these treatments (including non-invasive laser treatments) have only residual redness for anywhere from 1-12 hours.

As with all peels, it is recommended that you do not apply makeup the day of treatment. It is ideal to allow the skin to stabilize and rest overnight. However, makeup MAY be applied, if necessary.

Tonight your skin will feel tight and “pulled.” Apply pHaze 17 ReBalance for normal skin or pHaze 20 Silkcoat Balm for drier skin types as frequently as needed. Although you may or may not actually “peel,” it is likely that you will experience a light “exfoliation.” It may take two or more treatments for the surface skin to loosen and “peel.” Everyone responds differently and most patients look quite normal the day after their treatments. Unless recommended by your technician, do not apply other medications or AHA products to your skin, as they may be irritating.

Follow the Appropriate Home Care Regimen:

- 1) Avoid direct sun exposure and excessive heat, use your **pHaze 6+ Hydrator Plus SPF 25** or **pHaze 7 Protecting Hydrator SPF 25** for daily sunscreen protection. For all over body care, apply **pHaze 30 Perfecting Body Hydrator SPF 30**.
- 2) Do not pick or pull on any loosening or exfoliating skin. This could potentially cause hyperpigmentation
- 3) Home use of Pigment Gel Dyschromia Controller is recommended twice a day to continue lightening hyper pigmented areas
- 4) **ABSOLUTELY do not go into the tanning booth for at least three weeks before or after treatment.**
- 5) Discontinue use of Retin-A or Renova 7 day post treatment
- 6) Discontinue Tazorac or Avage 10-14 days post treatment. **note: always check with dispensing physician before temporarily discontinuing the use of prescription medication*
- 7) Do not have electrolysis , Botox or filler injections, facial waxing, or use depilatories for approximately 5 days post treatment

For the Next Two Day Period:

- 1) Do not apply ice or ice water to the treated areas
- 2) Do not put the face directly into hot shower spray, do not use hot tubs, steam rooms or sauna
- 3) Do not go swimming
- 4) Do not participate in activities that would cause excessive perspiration
- 5) Do not use loofahs or other means of mechanical exfoliation
- 6) Do not direct a hair dryer onto the treated area
- 7) Stay cool! Getting heated internally can cause hyperpigmentation

DO NOT HAVE ANOTHER TREATMENT UNTIL YOUR AESTHETICIAN ADVISES YOU TO DO SO

Patient Name _____

Patient Signature _____ Date _____