



# revitalize chemical peel pre and post instructions

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Patients with active cold sores or warts, wounded, sunburn, excessively sensitive skin, dermatitis or inflammatory rosecea in the area to be treated should be excluded from the Revitalize Peel because the procedure could potentially precipitate a flare up or spreading. Inform the esthetician if you have any history of herpes simplex.

Patients with a history of allergies, rashes, or other skin reactions may be sensitive to treatment. Revitalize Peel should not be performed on patients with an allergy to salicylates (i.e., aspirin).

This peel is not recommended if you have taken Accutane within the past year, or received chemotherapy or radiation therapy.

This procedure should not be administered to pregnant or breastfeeding (lactating) women.

## one week before and two weeks after your revitalize chemical peel

Avoid the following procedures for one week prior to your peel:

(i) Electrolysis (ii) Waxing (iii) Depilatory Creams (iv) Laser Hair Removal

## four to five days before your revitalize chemical peel

- 1) Stop using Retin-A, Renova, Differin (Adapalene 0.1%), or any products containing Retinol, AHA or BHA, Benzoyl Peroxide.
- 2) Do not exfoliate.

## after your revitalize chemical peel

- 1) Immediately after the peel your skin will be light yellow. This is temporary and will fade in 1 to 2 hours.
- 2) Please avoid washing your skin for a minimum of 6 hours after your peel.
- 3) Patients with hypersensitivity to the sun should take extra precautions to guard against exposure immediately following the procedure. They may be more sensitive following the treatment.
- 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 3 or more days.  
DO NOT PICK OR PULL THE SKIN.
- 6) When washing your face, do not scrub. Use a gentle cleanser.
- 7) Apply a light moisturizer as often as needed to relieve dryness and tightness.
- 8) Use a sunscreen with an SPF of at least 30 and avoid direct sunlight for at least a week.
- 9) Do not have any other facial treatment for at least one week after your peel.
- 10) You may resume the regular use of Retin-A, alpha-hydroxy acid (AHA) products or bleaching creams ONLY after the peeling process is complete.

Please call SKIN Medical Spa at 415-409-6500 immediately if you have any unexpected problems after the procedure.