

POST PEEL INSTRUCTIONS FOR ILLUMINIZE, VITALIZE, & REJUVENIZE PEELS

Adverse Experiences That May Occur After Your Chemical Peel

It is common and expected that your skin will be red, possibly itchy and/or irritated. It is also possible that other adverse experiences may occur. Although rare, the following experiences have been reported by patients after having a peel: breakout of skin or acne, rash, swelling, or burning. **Please call the office immediately should you experience any unexpected reactions after the procedure.**

For Vitalize/Rejuvenize Peels Only

Although most people experience peeling of their facial skin, not every patient notices that their skin peels after a procedure. Lack of peeling is **NOT** an indication that the peel was unsuccessful. If you do not notice actual peeling, please know that you are still receiving benefits of the peel; such as: stimulation of collagen production, improvement of skin tone and texture, and diminishment of fine lines and pigmentation. Some reasons that may cause a patient to have minimal to no peeling are: having peels on a regular basis or short intervals between peels, frequent use of AHA's, Retin-A, or other peeling agents, and/or severely sun damaged skin.

Post Peel Instructions & Guidelines

1. Expect skin to be yellow in color for 1 to 2 hours after the peel. This is temporary and will fade with absorption.
2. Do not wash your face until next morning after the peel.
3. Avoid strenuous exercise in the first 24 hours. If skin redness persists avoid for at least 2-5 days.
4. Apply sunscreen of at least an SPF 30 daily and avoid direct sunlight for 1 week.
5. Cleanse, moisturize and use SPF products recommended by your skin care specialist. **DO NOT USE ANY OTHER PRODUCTS DURING THIS TIME.**
6. In approximately 48 hours the skin will begin to peel around the mouth. The peeling lasts for 3 to 5 days with each day becoming less and less. **DO NOT PICK OR PULL THE SKIN.** Allow the skin to peel and shed at its own pace.
7. When washing your face do not scrub, use a washcloth, or any type of facial brush.
8. You can resume the regular use of anti-aging and exfoliating creams once the peeling has completely subsided. This means no flaking or irritation of the skin is apparent.
9. Wait until peeling completely subsides before having any other facial procedure performed.

**If you have any further questions or concerns during the process of your peel please call our office.
Centreville: 703-222-2773 | Sterling: 703-450-5959**