

FACIAL/BODY PEEL PRE PEEL TREATMENT MEASURES

You will be having a light peel treatment on the day of your appointment. Please follow the outline below to prepare.

1. Please refrain from these activities within 14 days of your appointment:
 - Having a facial peel
 - Tanning in a tanning booth (two to three weeks prior and post)
 - Having a "wax" or chemical depilatory treatment (five to seven days)
 - Getting collagen injections (seven days)
 - Microdermabrasion treatments
2. If you are pregnant or think you may be pregnant, you are only a candidate for an Oxygenating Trio Treatment, Detox Gel for Normal/Sensitive Skin or Detox Gel for Oily /Problem Skin.
3. Please refrain from sun exposure for 10 days prior to your appointment. Do not come to the appointment sunburned (please let us know if you are unable to keep your appointment).
4. Delay use of Retin-A, Renova, Differin and high percentage glycolic acid products for approximately five (5) days prior to your appointment. (Using any of these will take the treatment deeper and make your results less predictable).
5. Use of Physician's Choice skin care products prior to your peel will prepare the skin and allow for better treatment results.
6. Do not have a perm or hair coloring treatment 7 days before and 7 day after a facial peel.

These superficial peels will result in little to no downtime. Treatments may include slight redness, tightness, peeling, flaking and/or temporary dryness. Makeup use may be resumed the day following the treatment.

FACIAL/BODY PEEL POST PEEL TREATMENT MEASURES

You have just had a chemical peel or microdermabrasion skin treatment. Due to the nature of these treatments, you should not necessarily expect to “peel”. However, you may have light flaking for a few days. Most patients who under go these treatments have only residual redness for anywhere from one to twelve hours.

It is recommended that you do not apply makeup the day of the treatment. It is ideal to allow the skin to stabilize and rest over night. However, makeup can be applied if necessary. Tonight your skin will feel tight and “pulled”. Apply moisturizer as frequently as needed. Although, you 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 people look quite normal after their treatment. Unless recommended by your technician, do not apply other medications or AHA products to your skin, as they may be too irritating.

For the next FOUR days, it is ESSENTIAL to:

1. **Avoid** direct sun exposure and excessive heat.
2. **Use** your **pHaze 6+ Hydrator Plus SPF 15, pHaze 11 Apres Peel, and pHaze 17 Rebalance ONLY!** It is **mandatory** to use the **pHaze 6+ Hydrator Plus SPF 15 Sun block** for the next **FOUR** days to avoid risk of hyper-pigmentation.
3. **Do not** pick or pull any loosening or exfoliating skin. This could potentially cause hyper-pigmentation.
4. **ABSOLUTELY** do not go to a tanning booth for least 3 weeks before or after a treatment.
5. **Discontinue** the use of **Retin-A/Renova** for 7 days post-treatment.
6. **Do not** have electrolysis, collagen injections, facial waxing, or use depilatories for approximately 5 days.
7. **Do not** have a perm or hair coloring for 7 days prior treatment and post treatment.
8. **Discontinue** the use of any other home care products.
9. **DO NOT HAVE ANOTHER TREATMENT UNTIL YOUR TECHNICIAN ADVISES YOU TO DO SO.**
10. **In case** of emergency, please contact us at **807-622-0411**. In the event that our office is closed, please proceed to the nearest emergency room.
11. **Do not** apply ice or ice water to the treat areas.
12. **Do not** put the face directly into a hot shower spray.
13. **Do not** use a Jacuzzi, steam room, or sauna.
14. **Do not** go swimming.
15. **Do not** participate in activities that would cause excessive perspiration.
16. **Do not** use Buff-Puffs or other means of mechanical exfoliation.
17. **Do not** direct a hair dryer onto the treated area.
18. **Stay cool!** Getting heated internally can cause hyper-pigmentation.

*****IT IS EXTREMELY IMPORTANT TO FOLLOW THESE GUIDELINES TO AVOID COMPLICATIONS AFTER YOUR SKIN TREATMENT.*****

