



## PRE-PEEL INSTRUCTIONS

Your skin should be acclimated to a glycolic product AT LEAST 1 WEEK prior to peel.

Use the following twice daily (AM & PM):

- Satin Cleanser
- Clear Skin Toner
- Perfection C (for normal or dry skin types)
- Glycolic 15 (stinging sensation is normal)
- Physical sunblock - OTC

Avoid the following for 48 hours before the peel (due to increased skin reactivity):

- Botox Treatments
- Restylane or other injectable treatments
- Laser resurfacing or hair removal
- IPL/photo facial
- Facial scrubs or Microdermabrasion Cream
- Self-tanning products
- Retin-A, Retinoids or Tri-Luma
- Permanent waves, straightening, coloring or bleaching hair
- Waxing, depilatories and electrolysis

Peels cannot be performed on:

- Sunburned skin
- Facial warts
- Pregnant women (a microdermabrasion or lactic acid peel *may* be possible)
- Breakout of cold sores or fever blisters
- Patients with HIV
- Patients with Hepatitis

**Note: If you suffer from cold sores (herpes simplex) and have a history of herpes simplex infections, the peel process may bring on an episode of herpes lesions. In order to prevent this, we recommend you take Lysine vitamin for 1 week prior to and 1 week after peel.**

The day of your Peel Appointment:

- Perform cleansing routine with products as described above
- If you wear contact lenses, please bring a case and solution with you
- You should arrive without make-up (especially no mascara, since the acids are attracted to the fibers and will cause infection to the eyes)
- Do not wear make-up for 24 hours following the peel
- Men should not shave within 12 hours prior to treatment

Patients with permanent makeup must notify the esthetician in advance of peel

Refunds are not provided on peels or VividMD products

