

Glam +Glo Medical Aesthetics Lounge

Pre-Treatment Instructions for Medical Grade Peels

Avoid use of the following treatments and procedures on the area to be peeled 5-7 days prior to the peel.

- Laser hair removal
- Waxing
- Depilatory Creams
- Electrolysis

Avoid use of the following products 3 days prior to the peel:

- Topical retinoids, retin-A, tretinoin products
- Alpha and beta hydroxy acids
- Hydroquinones
- Strong exfoliating products
- Products containing benzoyl peroxide

You are not a candidate for a peel if you have/or are:

- **Pregnant**
- **Have an allergy to Salicylates**
- **Have a wound, sunburn, cold sore in the treatment area**
- **Have used Accutane in the last 12 months**
- **Have a history of radiation in the treatment area**
- **Have dermatitis or inflammatory rosacea in the treatment area**

Post-Treatment Instructions for Medical Grade Peels

Sun Alert: Following receipt of this peel, adequate sunscreen protection is required for at least one week. Sun exposure can cause the skin to not heal properly and may cause post-inflammatory hyperpigmentation. We recommend an SPF of 50 or higher and use of a hat to shield the treated area. Additionally, it is important to use continued SPF even after the 7 day mark.

Following the peel:

- The skin may be slightly dry and red for 1-2 days.

- Mild peeling should start within 48 hours and can last up to 2-5 days. It is important that you DO NOT speed up the peeling process with any sort of physical exfoliation.
- A mild moisturizer may be used to minimize dryness and redness
- Avoid facial products that contain fragrances for 3-5 days
- Avoid direct sun exposure for 7 days.
- Avoid use of all exfoliating agents such as alpha hydroxy acids, beta hydroxy acids, retinoids, and exfoliating scrubs for 5-7 days
- Return to normal skin care regimen 7 days after the peel