

## The Perfect Derma Peel

We suggest starting an over the counter antihistamine today and for the next three days.

### Contraindications:

Clients that are already prone to cold sores need to use precautions, as medium to deep peels may stimulate an outbreak. Patients with a history of cold sores may need to start an antiviral 3 days prior to the peel.

Clients need to be aware that picking up a secondary infection is more likely during the peeling process and shortly after having a peel. Clients need to watch for signs of secondary bacterial infection and call the spa or contact a physician if needed.

Clients need to discontinue using anti aging products and acne products until you are completely healed from the peel.

Clients CANNOT do a peel if any of the following apply:

They are breast-feeding.

They have an allergy to any peel solution or Aspirin.

They have used Accutane in the past 4 months.

They have open wounds, sunburn, infected skin, cold sores or lesions.

They have recently had treatments such as waxing, electrolysis or chemical exfoliants

They are undergoing chemotherapy and or radiation therapy.

They have a history of an autoimmune disease

**After Care:**

**Day 1:** The treated area will feel tight and may appear slightly darker.

The day of the peel application is Day 1. The peel solution should remain on the treated areas for at least 6 hours. During the first 6 hours, do not wash, touch, rub or apply any make up to the treated area.

The Perfect derma moisturizer with 1% hydrocortisone included in your take home kit may be used after 6 hours if:

The skin feels excessively irritated

Patient is Fitzpatrick Type 4-6(Dark skin tone), has Melasma, or hyper pigmentation.

The Perfect Derma plus was added to the peel treatment.

If you are NOT experiencing any irritation or discomfort, the peel solution can remain on until evening or it may be left on overnight.

Day 2 (AM) gently wash and dry treated areas, Vigorously apply 1<sup>st</sup> Post Peel towelette to the treated areas. Let dry thoroughly. Towelette solution should be left on for 30 minutes before applying SPF or make up if desired.

Day 2 (PM) 30-60 minutes before bed, gently wash and dry the treated areas. Vigorously apply the 2<sup>nd</sup> post peel towelette to the treated areas. Leave the solution on overnight.

If you are experiencing irritation or discomfort apply a small amount of the Perfect Derma moisturizer 2-3 times daily. You may also apply a cold compress against the irritated area for relief.

If there is no significant irritation, DO NOT use any moisturizing products on the treated areas unless peeling begins (usually Day 3). Avoid excessive sweating, sauna or heavy exercise during the peel process.

## Day 3-6

After peeling begins, apply the Perfect Derma moisturizer to the treated areas 2-3 times a day to control the peeling and relieve tightness. The moisturizer should be used for one week for Caucasian patients and two weeks for Asian, Hispanic, and African American patients. If you run out of the moisturizer a 1% hydrocortisone cream can be substituted.

Do not rub pick or pull at peeling skin, let the peeling occur naturally. Rubbing, picking and pulling may lead to longer recovery time and or scarring.

Day 7: The peeling process is generally complete.

Please call the spa with any questions, 952-432-0404. In the event the spa is closed Grace can be reached at her after hours emergency phone number, 651-253-9405 this number can be called or text messaged.