

# **Vitalize Chemical Peel**

## **Pre Treatment Instructions:**

One week prior to Peel: no electrolysis, waxing, depilatory creams (hair removal), or laser hair removal.

Three days prior to Peel: discontinue Retin-A, Renova, any products containing Retinol, AHA, benzol peroxide. Do not exfoliate.

## **Post Treatment Instructions**

SUNBURN ALERT: this procedure utilizes lactic acid and retinoic acid, which may increase the skin's sensitivity to the sun and increase the possibility of sunburn. An SPF of 30 to 45 is recommended. Limit sun exposure for at least one week following.

Immediately following peel, your skin will be light yellow, this is temporary and will fade within 2 hours.

Your skin may be red for 2-3 days; avoid strenuous exercise during this time.

Approximately 48 hours following treatment, your skin will start to peel and will last 2-3 days.

Do not pick or pull the skin.

When washing your face, DO NOT SCRUB; use a gentle cleanser.

Keep skin moisturized to relieve dryness or tightness.

Do not have an other facial treatment for at least one week after the peel.

You may resume Retin-A, glycolic acid, bleaching creams, and exfoliation one week following the peel, provided there is no residual irritation, peeling, or redness.