

Preparation for a chemical peel treatment

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

* For best results and to reduce the risk of complications, it is recommended that you use PCA Skin daily care products 10 to 14 days prior to treatment.

- If you are lactating, pregnant, or may be pregnant, consult your OB/GYN before receiving any treatment.
- Do not go to a tanning bed 2 weeks prior to treatment. This practice should be discontinued due to the increased risk of skin cancer and signs of aging. It is recommended that extended sun exposure be avoided, especially in the 10 days prior to treatment.
- It is recommended to delay the use of tretinoin, Retin-A, Renova, Differin, Tazorac, Avage, EpiDuo, Ziana and high-percentage AHA and BHA products for approximately 5 days prior to treatment. Consult your physician before temporarily discontinuing use of any prescription medications.

PCA Skin superficial peels result in little to no downtime but create dramatic and visible results. Treatments may cause slight redness, tightness, peeling, flaking, or temporary dryness. Most patients find it unnecessary apply makeup, as the skin will be smooth and radiant following your treatment. If you would like to apply makeup, allow 15 minutes for the pH of the skin to stabilize before applying foundation.

Post-peel skin treatment tips

For 2 days post Chemical Peel:

- Stay as cool as possible. Overheating internally can cause hyperpigmentation.
- Do not put the treated area directly into a hot shower spray.
- Do not use hot tubs, steam rooms, or saunas.
- Do not go swimming.
- Do not participate in activities that would cause excessive perspiration.
- Do not use loofahs or other means of mechanical exfoliation.
- Do not direct a hair dryer onto the treated area.
- **Do not apply ice or ice water to the treated area.**

General guidance after receiving a PCA skin superficial treatment:

- After receiving a PCA skin professional treatment, you should not necessarily expect to "peel." However, light flaking on a few localized areas for several days is typical. Most patients who undergo these treatments have residual redness for approximately 1 to 12 hours post-procedure.
 - As with all peels and treatments, it is recommended that makeup not be applied the day of the treatment, as it is ideal to allow the skin to stabilize and rest overnight; however, makeup may be applied 15 minutes after the treatment if desired.
 - To minimize side effects and maximize results, use the post-procedure solution for 3 to 5 days or until flaking has resolved.
 - Moisturizers should be applied at least twice a day, but can be applied more frequently for hydration and to decrease the appearance of flaking.
 - It is recommended that topical, over-the-counter medications that contain alphas hydroxy acid products not be applied to the skin 7 days post-procedure, as they may cause irritation.
 - It is recommended to delay the use of tretinoin, Retin-A, Differin, Renova, Tazorac, Avage, EpiDuo for 5 days post-procedure. Consult your physician before temporarily discontinuing use of any prescription medications.
 - Avoid direct sun exposure and excessive heat. Apply a 30 spf or greater daily for 7 days post procedure.
 - Do not go to a tanning bed for at least 2 weeks post-procedure. This practice should be discontinued due to the increased risk of skin cancer and signs of aging.
 - Do not pick or pull on any loosening or peeling skin. This could potentially cause hyperpigmentation.
- Do not have another treatment until your clinician advises you to do so.