



Post Exfoliation Recommendations

- Chemical exfoliation treatments are not recommended while using certain types of prescription medications such as Differine®, Tozaroc®, Accutane®.
- Discontinue use of Hydroxy Acids, Retin-A, and Retinols for 48 hours following your treatment, unless otherwise directed.
- Do not use harsh scrubs or abrasive loofahs following your treatment.
- Avoid direct sun exposure and wear SPF of 30 or higher daily.
- Avoid vigorous activity and extreme heat.
- Do not go swimming or put face under water.
- Do not take long hot showers or put face under a hot stream of water.
- Avoid drinking alcohol one day prior to treatment and one week after treatment, or until any swelling has subsided.
- Avoid surfaces that could irritate your skin (i.e. pillows, beards, collared or turtleneck shirts).
- Do not pick or prematurely peel the skin as this may cause hyperpigmentation and/or surface scars.
- For Medium Chemical Exfoliation Peels (i.e. TCA, VI Peel, and Jessners), return in one week for a post treatment follow-up with your skincare specialist. This is a very important part of the chemical exfoliation treatment

Allergic reactions can happen days to weeks after a peel, these reactions are rare but if they occur, you may experience itching, redness and a bumpy rash that may last for up to 10 days.

- To assist in healing use gentle cleanser, hydrocortisone cream twice to three times daily, apply sunscreen and avoid sun exposure, and take Benadryl 50mg at bedtime (unless allergic to Benadryl) and 10mg of Claritin in the morning (unless allergic to Claritin).
- No exercises until the redness and itching have subsided.
- Call Luxe immediately to schedule a follow-up appointment with the RN or NP, **(714)970-9100**.
- If you have any questions please do not hesitate to contact Luxe Aesthetic & Wellness Center, **(714)970-9100**.

Post Exfoliation Treatment Recommendations

Very superficial Chemical Exfoliation

(Firm and Fade, Tretinoin, Retin-A, Renova, Tazorac, exfoliation creams, etc.)

Day 1-2: Generally the skin is less irritated after the first 24 hours. Skin may look and feel dry, tight and appear slightly red. Please follow the recommendations listed above the recommended skincare regimen. If you experience discomfort, swelling, or excessive irritation contact Luxe Aesthetic & Wellness Center, **(714)970-9100**.

Superficial Chemical Exfoliation

(Pumpkin Peel, Salicylic Peel, Glycolic 30%, Jessners)

Day 1-2: The skin will look and feel dry, tight and may appear slightly more red. Apply hydrocortisone as often as needed to reduce redness and irritation. In some cases the skin may deepen in color. Please follow the recommendations listed above and recommended skincare regimen.

Swelling may naturally occur as the skin's tissue has been disturbed. The application of cool compresses within the first 24 hours may be helpful. If you experience discomfort, swelling or excessive irritation, contact Luxe Aesthetic & Wellness Center, **(714)970-9100**.

Day 3-7: The skin will continue to feel dry and tight. Some may experience mild to moderate sloughing as this is a normal process of a chemical exfoliation treatment. The amount of sloughing varies depending on the chemical exfoliation treatment, home care products and skin conditions.

Medium Chemical Exfoliation

(VI Peel, TCA, Jessners (in some cases))

Day 1: The skin will be a frosted white color for the first few hours. It will gradually become pinker and eventually red. The skin may feel dry and tight which is normal. The skin may feel hot, feverish and itchy and you may experience some mild discomfort. Apply hydrocortisone as needed. This will relieve tightness and encourage healing.

Swelling may occur as the skin's tissue has been disturbed. The application of cool compresses the first 24 hours may be helpful.

If you should experience excessive irritation, contact Luxe Aesthetic & Wellness Center, **(714)970-9100**.

Day 2: The skin will look and feel dry and tight, similar to day 1. In some cases the skin may deepen in color. Follow recommendations listed above as well as recommended skincare regimen. Apply Hydrocortisone as needed. It is not critical not to pick or remove excess skin, as this may cause hyperpigmentation and scarring.

Day 3-7: During this time your skin will gradually begin to slough. The amount of sloughing varies depending on the chemical exfoliation treatment, home care products and skin conditions.

Post- Chemical Exfoliation Skincare Regimen:

For 1-3 days after procedure (or as directed), the following is recommended:

Gentle products should be used at this time examples include the following:

Cleanser: Cerave® Foaming or Hydrating, Cetaphil®

Moisturizer: Cerave® Lotion or Cream, Cetaphil® Cream

Hydrocortisone cream can be used sparingly for a few days if redness is bothersome.

Notes/Special Instructions: _____
