



FOR YOUR
INFORMATION

Post Home Care Instructions for Mid-Depth Skin Peel

Day One - Do nothing to your skin following your treatment. Avoid sun and heat exposure as well as any strenuous activity.

If you experience any discomfort, an over the counter pain reliever is suggested, such as Tylenol or Advil. If you have any swelling, or sign of irritation, call immediately. Although there is no cause for alarm, we want to be made aware of this and we will advise you as to what you should do.

Swelling is a normal part of the process. The tissue has been disturbed and the skin will naturally experience some swelling. The application of a cool compress the first 24 hours may be helpful. In the case of extreme swelling you may want to take an over the counter antihistamine, such as Benadryl unless you have been instructed otherwise by your physician.

Day Two - The skin will feel dry and tight and may be slightly redder. Use Post Balm Ointment or Drop of Essence-Hydration Drops as often as needed. In some cases the skin has already begun to change to a brown shade of color. This is just dead skin that will slough away.

Day Three through Seven - Exfoliation will occur (mild, hardly visible to heavy continuous peeling). Do not be concerned how much you actually peel. There are many other benefits that will happen.

You are to begin using **Epidermal Growth Factor** as soon as exfoliation begins. This will be used daily for the next two weeks.

You may begin your normal skin care routine after 7 days (cleansing, toning, moisturizing, and sunscreen) **DO NOT use AHAs, BHAs, Retinoids or any other corrective for at least one week.**

Cautions: ***DO NOT Pick Or Prematurely Peel The Skin*** (this will cause surface scarring and irritation.)
Wear A Sunscreen Daily!!!

Return in one week for a post follow up visit. This is very important.

If you have any questions do not hesitate to call. Often times what may seem unusual to you is really very normal and finding out will save you needless concern.

