

## Exfoliation Treatment Guidelines

### Overview:

**Chemical peels** are an important part of skin health. As an effective treatment option for most skin types and concerns, they improve skin tone, texture, fine lines and wrinkles, breakouts, and dark spots. Our mild to medium depth peels deliver results and leave your skin feeling and looking refreshed.

**Microdermabrasion** is a mechanical form of exfoliation. This treatment uses crushed diamond heads to remove up to 65% of the epidermis. It refines and cleanses pores, increases the skin's permeability, improves skin tone and texture.

**Dermaplaning** immediately rejuvenates the skin by removing the outermost layer of dead skin cells and vellus hair. Dermaplaning is highly effective in minimizing the signs of aging leaving the skin soft and supple. It is a great treatment to prep the skin for an enzyme treatment or chemical peel. It creates the perfect canvas for your make up application and is the go-to treatment to prepare for special occasions.

### Pre Treatment:

- Avoid tanning, spray tanning, self tanners 4 weeks prior to treatment
- Avoid waxing, threading, sugaring, electrolysis 1 week prior to treatment
- If you have a history of cold sores or the HSV-1 virus, you will need a prescription prior to your appointment for an antiviral medication. Follow the instructions on the bottle as directed by your medical provider
- Discontinue the use of prescriptions that contain Retin-A (tretinoin), Renova, Differin, Tazorac, Avage, EpiDuo, Ziana, and high-percentage alpha hydroxy acid (AHA) and beta hydroxy (BHA) products for approximately 5 days before treatment. Consult your physician before temporarily discontinuing the use of any prescription medications
- If you are lactating, pregnant or may be pregnant, there are only a select number of treatments that are appropriate. We can discuss these at the time of your consultation
- Your skin will be prepped in our office

### Post Treatment:

- Apply a sunscreen daily with a zinc base and an SPF 30 or higher
- Post treatment, your skin may appear red and feel warm, tingly, itchy and tight for 1-12 hours
- Wait 12 to 24 hours before you cleanse your skin if you have had a chemical peel
- Cleanse and moisturize skin using a mild cleanser and moisturizer AM/PM
- Skin may begin to peel days' 3, 4, and 5 post procedure. You may or may not "peel" aggressively, and may experience "light" flaking in a few localized areas
- Allow skin to slough off naturally; **avoid picking, scratching, and abrasive rubbing**, as it may lead to scarring. Do not loofah your skin and avoid "at home" microdermabrasion kits
- Avoid tanning, spray tanning, self tanners 4 weeks after treatment
- Avoid waxing, threading, sugaring, and electrolysis in treatment area for 1 week after treatment
- Avoid pools, hot tubs, saunas, and excessive physical activities for 48-72 hours post treatment
- Delay the use of Retin-A, Differin, Renova, Tazorac, Avage, EpiDuo, or Ziana for 1 week post procedure. Also, avoid other over-the-counter products with AHA and BHA in them
- It is recommended that makeup not be applied after your 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 necessary
- REMEMBER: Visible exfoliation doesn't determine the efficacy of treatment. Generally, healthy skin has less visible exfoliation. Exfoliation often takes place at the cellular level and is not always apparent to the naked eye. Conversely, some patients' skin is so impacted that it can take a few peels to loosen dead cells enough to allow them to shed