

## THE PERFECT PEEL PRE AND POST INSTRUCTIONS

### PRE PEEL

Please clean your skin before coming in for your treatment with a cleanser and have no make-up on.

### DAY 1 – 2

- The treated area will feel tight and may appear slightly darker.
- The peel solution should remain on the treated area for at least 6 hours.
- During the first 6 hours, do not wash, touch, rub, or apply make-up to the treated area.
- No make-up should be applied on Day 1.
- If you are not experiencing any irritation or discomfort, the peel solution can remain on until your evening cleansing.
- On evenings 1 and 2, gently wash and dry the treated area. Vigorously apply the Post-Peel Treatment to the treated area. Let dry thoroughly. Leave the treatment on overnight, do not wash off.
- If you are experiencing any irritation or discomfort, apply a small amount of 1% or 2.5% hydrocortisone to the area (23 times daily) and/or use a cold compress against the irritated area for relief.
- Do not use any moisturizing products on the treated area until peeling begins (usually Day 3). ☒ Avoid excessive sweating, sauna or heavy exercise during peel process.

### DAY 3 – 5

- Peeling generally begins on Day 3.
- After peeling begins, apply The Perfect Peel Moisturizer (included in the patient home package) to the peeling areas to control the peeling and relieve the tightness.
- Do not rub, pick or pull on the peeling skin, let the peeling occur naturally. Rubbing, Picking or Pulling may cause scarring. Dead skin can be removed with small scissors.
- Gently wash (Do Not Scrub) and dry the treated area morning and night, and apply The Perfect Peel Moisturizer as needed. A sunscreen of at least SPF 30 should be applied every 2 hours in sun exposure. If you experience any irritation or discomfort, apply 1% or 2.5% hydrocortisone to the area.

### DAY 6 and After

- The Peeling process is generally complete. Mild sloughing may still be occurring in some treated areas.
- You may resume use of your normal skin care products.
- If the treated area becomes irritated, wait until the sensitivity subsides.
- Continue to protect your skin with a sunscreen containing at least SPF 30.

### ACNE:

DAY 10+ You may resume use of your normal skin care products. For active and severe acne patients, a series of 3 – 4 Perfect Peel treatments can be used 3 – 4 weeks apart from one another. Continue to protect your skin with a sunscreen containing at least SPF 30.

#### HYPERPIGMENTATION/MELASMA:

DAY 10 + Begin using the Perfect A and the Perfect Bleaching Cream each night combined together. Use of Perfect Bleaching Cream may be used during day if advised by physician. For active, mild or severe melisma patients, a series of 3 – 4 Perfect Peel treatments should be used 3 – 4 weeks apart for ultimate result followed by Perfect A and the Perfect Bleaching Cream skin care regimen. Continue to protect your skin with a sunscreen containing at least SPF 30.

#### ANTI-AGING:

DAY 10 + You may resume use of your normal skin care products. Begin applying the Perfect C both day and night for collagen stimulation and reduction of fine lines and wrinkles. Use of the Perfect A can be combined with the Perfect C if advised by physician. Continue to protect your skin with a sunscreen containing at least SPF 30.

**If there is any concern, PLEASE call/text Kearny Mesa 619 692 9300 or Solana Beach 858 755 4366 AND email us photos to [patients@beautyandbodylounge.com](mailto:patients@beautyandbodylounge.com) so we can further assess the situation.**