



Peel Post-Treatment Tips

For two-days post-procedure:

- Stay cool! Heating 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 guidelines:

- After receiving a PCA SKIN® professional treatment, you should not necessarily expect to 'peel'. However, light flaking in a few localized areas for several days is typical. Most patients who undergo these treatments have residual redness for approximately one to twelve hours post-procedure.
- As with all peels and treatments, it is recommended that makeup not be applied the day of 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 products** for 3 to 5 days or until flaking has resolved.
- Moisturizer 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 other topical, over-the-counter medications or alpha hydroxy acid products not be applied to the skin seven days post procedure, as they may cause irritation.
- It is recommended to delay use of tretinoin, Retin-A®, Differin®, Renova®, Tazorac®, Avage® EpiDuo™ or Ziana® five days post-procedure. Consult your physician before temporarily discontinuing use of any prescription medications.
- Avoid direct sun exposure and excessive heat. Use **SPF 30** with broad-spectrum UV protection.
- Do not go to a tanning bed for at least two 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 electrolysis, facial waxing and/or depilatories for approximately 5 days.

Do not have another treatment until your clinician advises you to do so.

Peel Post-Treatment Expectations

	day of treatment	following morning	day 2	day 3-5	day 5 +
Skin appearance and feeling	<ul style="list-style-type: none"> •tight •moist and dewy appearance •mild to moderate edema and erythema 	<ul style="list-style-type: none"> •tight •dry •mild to moderate edema and erythema 	<ul style="list-style-type: none"> •skin may begin to flake or peel 	<ul style="list-style-type: none"> •heaviest flaking or peeling 	<ul style="list-style-type: none"> •typically peeling is complete
Precautions	<ul style="list-style-type: none"> •apply products in PCA SKIN post procedure solution •keep cool 	<ul style="list-style-type: none"> •reapply products in PCA SKIN post procedure solution •keep cool 	<ul style="list-style-type: none"> •do not pick at loose skin •reapply products in PCA SKIN post procedure solution 	<ul style="list-style-type: none"> •reapply products in PCA SKIN post procedure solution •avoid direct sun exposure 	<ul style="list-style-type: none"> •restart recommended PCA SKIN daily care

Frequency of Treatment

Based on the natural skin cycle

	day of treatment	week 1	week 2	week 3	week 4
normal/maintenance (once a month)	X				X
pigment/melasma (every three weeks to begin, then once a month)	X			X	
acne/blemishes (every two weeks to begin, then once a month)	X		X		X
rosacea (once a month)	X				X
aging skin (every three weeks to begin, then once a month)	X			X	

Goal: to get everyone to a once-a-month maintenance schedule