

Account #: _____

Date: _____

Chemical Peel & Micro-needling Post Guidelines

Chemical peels stimulate natural collagen production in the skin, activating the skin to develop new healthy cells. They also contain ingredients to lighten and eliminate pigmentation as well as plump fine lines and wrinkles. Chemical peels are great for reducing over active oil on the face, thus clearing acne. Patients with acne are typically seen bimonthly. We will prescribe a tailored series of treatments after a skincare analysis and consultation. Usually a series of 6 treatments is recommended on a monthly basis. As with most superficial treatments the results are cumulative. Keep in mind most parts of the body can be treated; hands, chest, arms and even your back. After receiving a peel you should not necessarily expect to peel. The amount of peeling does not correlate with the degree of improvement. The changes to your skin happen on a cellular level and continue to improve for weeks after your treatment. With that said, always plan your treatments with *peeling* in mind as it depends on the condition of your skin at the time of the procedure. Severity of peeling may vary.

Post Peel Instructions:

- Do not wash your face for at least 8 hours after your treatment. Do not apply makeup.
- Keep your skin hydrated!
- Do not sweat! No hot yoga or exercise that causes sweating for 48 hours post peel. Heating the body internally causes hyperpigmentation.
- Do not put the treated area directly into the shower spray. No swimming, No hot tubs or saunas 48 hours post treatments. No ice packs on the area.
- Do not use loofahs or other means of mechanical exfoliation. i.e. Clarisonic®, facial scrubs, or any products with AHA's or BHA's for at least 4 days post treatment.
- If your skin is visibly peeling, DO NOT peel or pick at your skin, simply add moisturizer or aquaphor®. Keeping your skin hydrated will promote healing.
- Avoid the sun and apply a mineral SPF 30.

Micro-Needling is another alternative to stimulate collagen, lighten hyperpigmentation and reduce fine lines and wrinkles. The benefits are minimal discomfort, safe for most skin types, natural results and minimal downtime. Typically you will notice an immediate glow to your skin. Redness and mild swelling can occur and last for up to 48 hours. Visible changes develop over the course of several weeks. Results can continue to improve up to 6 months after treatments. For best results, we recommend a series of micro-needling, every 4-6 weeks. This procedure can be combined with chemical peels for maximum results. Because your time is valuable most treatments take only 60 minutes.

Post Micro-Needling guidelines:

- The day of the procedure you will not do anything to the area. No water, creams or sunscreens to the face. You may be given a topical serum to apply after the treatment.
- Do not take anti-inflammatory drugs the day of the procedure.
- 72 hours post procedure you may resume your skincare routine adding your prescriptions such as Retin A, hydroquinone or topical antibiotics.
- Always wear a mineral SPF 30 or higher and reapply often.

Patient Signature _____

Date: _____

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