



Medical Peel: Pre and Post Treatment Instructions

Medical Peels are a safe and effective, non-invasive way to rejuvenate the appearance of the skin. Your side effects and clinical results will depend on the strength of the peel used on your skin and your home care routine. Likewise, the amount of peeling you experience is not related to your outcome.

PRE TREATMENT:

- Avoid the sun 2 weeks before and after treatment. Treatment within 2 weeks of active tanning (natural sunlight or artificial tanning booth) may result in hypopigmentation (white spots) or hyperpigmentation (dark spots) that may not clear for several months.
- Discontinue the use of topical medications or products that may be irritating to the skin, such as scrubs, retinols and acne products, 1 week prior to treatment.
- Do not wax in the treatment area 1 week prior to treatment.
- If you have a history of perioral herpes simplex virus, we may recommend prophylactic antiviral therapy in the form of Valtrex. If so, follow the directions for your prescription.

POST TREATMENT:

- Depending on the strength of your peel, you will experience varying degrees of peeling and side effects.
- Immediately after treatment, there may be mild redness and mild swelling in the treatment areas, similar to the feeling of a sunburn, which may last from 2 hours to 3 days.
- Treat the skin gently, as if you had a sunburn, for the first 48 hours.
 - Avoid very hot showers, hot tubs, saunas, and swimming pools for the first 72 hours post treatment.
- We may use cool compresses and/or Volante Skincare products after treatment to ensure your comfort. Post treatment skin care at home is very important. We recommend Volante Skincare.
- **Avoid sun exposure** to reduce the chance of hyperpigmentation (darker pigmentation) and use sunblock (SPF 30+), such as Elta MD, at all times when the treatment area will be exposed to the sun. Wear a wide-brimmed hat if it is necessary to go into the sun.
- Expect to begin flaking or peeling at 2 - 3 days. **DO NOT** pick or peel at loose skin. This can cause a discoloration of your skin. Hyperpigmentation or hypopigmentation and possibly an infection.
- Expect to peel for approximately 2-14 days. Continue to moisturize the treated area for the duration of the peeling process.
- **DO NOT** worry if you don't peel. Sometimes effective peels on skin in good condition will not go through the peeling process; the skin may only look rosey and have a glow.
- For best results and efficacy, we recommend a series of 3-6 peels administered at 2-4 week intervals. You may notice immediate as well as longer term improvements in your skin.

Please call your provider with any questions or concerns you may have.

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