



## The Perfect Derma Peel: Pre and Post Treatment Instructions

### Pre Treatment

Patients may use a daily skin care regimen of retinoids up to 3 days before the peel, but should discontinue use at this time. Patients should refrain from using retinoids or glycolic products for 10 days post peel.

### Post Treatment

**Days 1 – 2:** The treated area will feel tight and may appear slightly darker.

The day of the peel application is "Day 1." The peel solution should remain on the treated areas for at least 6 hours. During the first 6 hours, do not wash, touch, rub, or apply make-up to the treated area. The Perfect Derma Moisturizer with 1% hydrocortisone (included in Patient Home Care Kit) may be used after 6 hours if: The skin feels excessively irritated, the patient is a darker skin type, or the patient has melasma or excessive hyper-pigmentation. If you are not experiencing any irritation or discomfort, the peel solution can remain on until your evening cleansing or it may be left on overnight.

### Day 2 (AM):

Gently Wash And Dry The Treated Area. Vigorously apply the 1st Post-Peel Towelette to the treated areas. Let dry thoroughly. Towelette solution should be left on for 30 minutes before applying an SPF 30 or above. Make up may be applied if desired.

### Day 2 (PM):

30-60 minutes before bedtime, gently wash and dry the treated area. Vigorously apply the 2nd Post Peel Towelette to the treated areas. Leave the solution overnight. If you are experiencing excessive irritation or discomfort, apply a small amount of The Perfect Derma Moisturizer 2-3 times daily. You may also apply cold compress against the irritated area for relief. If there is no significant

irritation, do not use any moisturizing products on the treated areas until peeling begins (usually Day 3). Avoid excessive sweating, sauna or heavy exercise during the whole peel process.



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**Days 3-6:** Peeling generally begins on Day 3.

After peeling begins, apply The Perfect Derma Moisturizer (included in the Patient Home Care Kit) to the treated areas 2-3 times a day to control the peeling and relieve the tightness. This moisturizer should be used for 1-3 weeks. If The Perfect Derma Moisturizer runs out, a 1% hydrocortisone cream may be substituted. Do not rub, pick or pull on the peeling skin, let the peeling occur naturally. Rubbing, picking or pulling may cause scarring. Use brow clippers to clip off any loose peeling skin, DO NOT PICK OR PULL AT SKIN, can cause scarring and damage. Gently wash (do not scrub) and pat dry the treated area morning and night, and apply The Perfect Derma Moisturizer as needed. An SPF 30 or above should be applied every 2 hours during sun exposure.

**Days 7 and After:** The peeling process is generally complete.

Mild sloughing may still be occurring in some treated areas. Continue to protect the skin with an SPF 30 or above.

### Acne Patients: Day 10+

You may resume use of your normal skin care products. For active and severe acne patients, a series 3-4 The Perfect Derma Peel treatments can be done 3 – 4 weeks apart. Continue to protect the skin with an SPF 30 or above.

For active, mild or severe Melasma patients, a series of 3-4 Peel treatments should be used 3-4 weeks apart for optimal results, followed by the above skin care regimen. Continue to protect the skin with an SPF 30 or above.

### Anti Aging: Day 10+

You may resume use of your normal skin care products.

If you have any questions or experience any side effects, please contact our office immediately.

Text us at 202.333.4445 and email us at [info@helaspa.com](mailto:info@helaspa.com).