

## Pre-Peeling Instructions

- If an antiviral medication (for cold sores) has been prescribed you must begin the first dose **2 days** prior.
- Discontinue use of Retin-A, Renova, Adapalene, Hydroxy Acid, Differin Gel, Glycolic Acid, Salicylic Acid, or Retinol/Vit A derivative product for at least **1 week** prior.
- Avoid Filler and Botox at least **2 week** prior.
- Do not wax, tweeze or use depilatory products on your face or neck for at least **1 week** prior.
- Avoid tanning and sun exposure at least **2 weeks** prior.
- Avoid in clinic treatments (excluding LED) **4 weeks** prior. More invasive treatments (ie. Plasma) may require **4-6 months** between.
- You cannot have the treatment if you have used Accutane or its derivatives within the last **6-12 months**.
- We are unable to treat you if you have an infection or cold/flu OR if you are taking an antibiotic.
- You cannot have the treatment if you are pregnant, breastfeeding, have active herpes or active cancer or are currently undergoing chemotherapy or radiation.
- Please ensure you bring adequate sun protection with you to your appointment (hat, scarf) and wear a button up shirt if possible.
- Do not wear contact lenses or false eye lashes to your appointment and hearing aids will be removed for the treatment.



## Post-Peeling Instructions

- **After peel off day** you can discontinue use of the soothing cream and you may wash your hair and cleanse your skin gently with a mild, non irritating cleanser, pat dry. Avoid getting shampoo and conditioner on your face and neck.
- Avoid getting hot and sweaty **2 weeks** post peel off (exercise, saunas, swimming etc.).
- Avoid the use of 'active products' or anything containing Alcohol, Retinol, Benzoyl Peroxide, Glycolic/Salicylic Acids, Vit C and Astringents **2 weeks** post peel off or until all sensitivity has resolved.
- Moisturise your skin adequately - use gentle, fragrant free, mild products until all sensitivity has resolved (generally around **2 weeks** post peel off).
- Do not wax, tweeze or use depilatory products on your face for at least **2 weeks** post peel off.
- Avoid sun exposure for at least **3 months** post peel off. The skin is thin and vulnerable so sun damage can easily occur. Slip, slop, slap!
- Make-up can be worn. Do not use a self tanner.
- Avoid Filler and Botox for at least **2 weeks**.
- Avoid in clinic treatments (excluding LED) **4 weeks** post peel. More invasive in clinic treatments (ie. Plasma) may require 4-6 months between.

