

The Perfect Derma Peel - Client Post-Peel Instructions

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
- Patient is Skin type 4-6 or has melasma
- **The Perfect Derma Plus or The Perfect Clear** booster was added to the peel treatment

If you are not experiencing any irritation or discomfort, the peel solution can remain on until your evening cleansing.

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 area. Leave the solution on overnight.

If you are experiencing irritation or discomfort, of Skin Type 4-6, apply a small amount of **The Perfect Derma Moisturizer** 2-3 times daily. You may also apply a cold compress against the irritated area for relief. **Skin Type 1-3:** 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 peeling process.**

Day 3-6: Peeling generally begins on Day 3. After peeling begins, apply **The Perfect Derma Moisturizer** (including 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 one week for Skin Type 1-3
- Use for two weeks for Skin Type 4-6.
- If **The Perfect Derma Moisturizer** runs out, 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. Gently wash (do not scrub) and dry the treated area morning and night, and apply **The Perfect Derma Moisturizer** as needed. **SPF 30 and above** and 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 **SPF 30 or above.**
