

Elemental Peel Pre & Post Treatment Guide

Expectations:

- For best results and optimal skin health, all home care instructions provided must be followed after receiving a professional resurfacing procedure.
- What you can expect after your procedure is ultimately determined by the depth of the treatment, the condition of your skin, and how well you care for and protect your skin after the procedure.
- Quite often people expect to see visible sloughing/shedding/peeling after a professional peel treatment. This is more common after advanced procedures.
- Lack of sloughing/shedding/peeling is NOT an indication that the procedure was unsuccessful. Many times, exfoliation occurs at a cellular level and is not visible to the naked eye. In any case, you are still receiving all of the benefits of your treatment such as improvement of skin tone, texture and other concerns.
- It is impossible to pre-determine how much shedding will occur. After superficial treatments there may be some mild flaking for a few days or light surface shedding for up to one week.
- To aid the healing process and minimize visible shedding, keep skin well hydrated and protected throughout the day

Pre-Treatment:

- Refrain from tanning of any type for a minimum of 14 days prior
- Apply sunscreen SPF 30 (UVA & UVB) routinely for 4 weeks prior
- Avoid waxing (depending on peel, hard wax may be used by Diana), shaving and home exfoliation 48 hours prior
- Avoid retinol, alpha hydroxy acid and glycolic acids for 3 days prior
- Avoid retinol, Retin-A, Tazorac, Tretinoin, Differin or any form of retinoid & Benzoyl Peroxide for 5 days prior
- Avoid Prednisone, Blood thinners, topical steroids and facial injectables for 2 weeks prior
- Avoid lasers, medium to deep chemical peels and microneedling for 4 weeks prior

Post Care

- Avoid the use of exfoliation, prescriptive topical medications, retinol, glycolic acid, and OTC acne medication for 48 hours after the peeling has completed.
- Avoid waxing for 2 weeks
- Failing to use a sunscreen SPF 30 (UVA & UVB), for a minimum of two weeks following your treatment, including reapplication every 2 hours if in direct contact with the sun, makes you susceptible to sunburn, sun damage & hyperpigmentation. It is advised to avoid excess sun exposure especially between 10am-2pm.
- It is not advised to exercise or do any activity (including saunas, hot tubs and steam rooms) that causes perspiration until shedding is completed.
- DO NOT pick, pull, peel or scratch shedding skin or rub with hands or anything exfoliating including washclothes. It may cause scarring or injury.
- Males: Shave gently in the direction of hair growth. Do not shave closely or on any areas that are shedding.
- Avoid getting hair treatments or a haircut for at least 1 week post, or until skin is completely healed and shedding/flaking has resolved

Post Care Products

Epionce Milky Lotion Cleanser Gentle Foaming Cleanser Renewal Calming Cream Essential Recovery Kit	SkinBetter Trio Tone Smart	Glymed Vitamin C Cleanser Cell Protection Balm Fulvic Elixir Skin Mist Daily Skin Clarifier Comfort Cream	Lira Clinical Solar Shield SPF Tinted or Hydrating
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What to Expect:

Day 1	Day 2	Day 3	Day 4	Day 5-7
Immediately after: temporary redness, stinging, or warm flushing Next Few Hours: Feels tight, like a mild sunburn	*Feels tighter & dry, may become thick and start to flake *Dark spots may appear *Mild to moderate erythema & edema	*Feels very tight *Shedding begins	*Heaviest shedding occurs *May feel highly sensitive to product application (and even water)	*Shedding typically completes, ending around the hairline, under the jaw and in the eyebrows

Contact Diana at Glo Med Spa Immediately with questions or concerns: 612-486-2286