

## BioRePeel Pre & Post Care

### Pre-Peel Instructions

#### **2 Weeks Pre-Peel:**

- Be mindful of prolonged sun exposure & protect your skin
- Wear broad band, 20% zinc mineral sunscreen, reapply every 2 hours if outside for prolonged periods
- Avoid tanning beds

#### **Pre-Peel Discontinue:**

- Retinoids 2-14 days (Consult with Glo)
- AHA/ BHA Acids 7-14 days (Consult with Glo)
- Benzoyl Peroxide 7-14 days (Consult with Glo)
- Any other scrubs, exfoliants or active skincare products (Consult with Glo)
- 7-14 Days -Antibiotics (check with Doctor before discontinuing)

#### **7 Days Pre-Peel Avoid:**

- Laser Hair Removal & Electrolysis
- Waxing
- Chemical Hair Removal Creams

#### **2 Hours Pre-Peel Avoid perspiring or raising core temperature**

### Post-Peel Instructions

- 24 Hours: Avoid non/pure-mineral based makeup
- 72 Hours: No moderate-to- heavy sweating, hot tub, sauna, steam room, exposure to high temperatures or swimming
- Keep the skin hydrated. Apply post care a minimum of twice daily. Drink plenty of water.

#### **7 Days Post Peel:**

- Limit direct, prolonged sun exposure, especially between 10am-3pm
- Wear broad band, 20% zinc mineral sunscreen. Reapply every 2 hours if outside
- Wear a wide brimmed hat & sunglasses, if out for prolonged periods
- Avoid the use of ALL active ingredients, AHA, BHA, exfoliants of any kind-including wash cloths, Benzoyl Peroxide & Retinoids
- Avoid waxing\*\* or chemical based hair removal, laser hair removal, electrolysis
- Avoid other facial treatments
- Avoid facial massage

**Injectables** may be done immediately post peel, but you must wait for 2 weeks post Neurotoxin & 2-3weeks post filler to have a BioRePeel. PLEASE CONSULT WITH YOUR INJECTOR AND FOLLOW THEIR INSTRUCTIONS

**PDO Threads** must be avoided for 2 weeks post peel

**\*\*It's advised to avoid waxing during the course of a series of peels.**

**\*\*When doing a series of BioRePeel DO NOT USE products with active ingredients for 7 days following your last treatment, unless otherwise directed by Glo Skin Studio**

**If you have and questions or concerns text GLO @ (612) 486-2286**

**If you are experiencing an emergency Outside of business hours:**

**email [dianampost@gmail.com](mailto:dianampost@gmail.com) or text Carrie Lucio (medical director) (651) 373-4587**