



CHEMICAL PEEL PRE & POST TREATMENT INSTRUCTIONS

Pre Chemical Peel Instructions:

Do NOT stop any retinoids such as Tazorac, Retin-A, Renova, Differin, Veltin, Atralin or Ziana, Tretinoin or any other anti-aging or anti-acne medication unless instructed by LouAnn Perugini, APRN. Please tell your chemical treatment provider if you have been using any of these products up to the day of your treatment so that the protocol can be adjusted for safety.

If you have a history of cold sores, please let us know. A prescription for anti-viral medication will be provided upon request.

If possible, please arrive to your appointment with no makeup, serums, SPF, lotions, or any creams. We will have to completely clean and remove all topical products prior to treatment.

Please do not schedule chemical treatments to be done within 1 week of any other anti-aging or facial treatments or filler injections.

Please reschedule your appointment, with at least 24 hours notice, if you are experiencing a recent sunburn, or an active infection or inflammation of the intended treatment sites. Please call for clarification if you have any questions. We will not treat over any compromised skin.

If you have a history of poor wound healing, or any new health problems, new medications or allergies since your consultation, please let us know before your treatment.

Please do not schedule any chemical treatments if you are breastfeeding or pregnant due to safety concerns.

Please let us know if you are allergic to aspirin or any other potential ingredients of any chemical treatments.

If you are planning to do a medium depth peel, this will only be done by LouAnn Perugini, APRN. You may be required to do a 2-4-week pre-bleaching regimen first for better results, but this will be discussed with you if applicable.

If you are planning to get a more intensely concentrated and targeted trichloroacetic acid (TCA) treatment to be done to deep wrinkles or ice pick scars with a toothpick, known as "TCA CROSS", you must plan around your social schedule. You will have several days of a light crust or scab that will develop as part of the treatment process and a temporary pink stain called post inflammatory hyperpigmentation (PIH) may be noted after the crust heals for a few weeks. This PIH is typically covered easily with makeup and normally resolves in a short period of time.



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If you are scheduled to receive a TCA eye peel, you can expect to have no down time except, in some instances, some very slight minimal dryness. This is a cumulatively effective treatment to help smooth under eye crinkling skin. TCA eye peels are completed in a series due to most recipients getting approximately 10-12% estimated improvement per treatment.

Please reschedule your eye peel appointment with at least 24 hours notice if you are experiencing any vision or eye problems, excessively itchy, watery or dry eyes, tear duct problems, 'pink eye', eye lid tattooed eyeliner received within the previous 7 days or ANY other active eye problems.

Post Chemical Peel Instructions:

Many facial chemical peels can be effective without any active peeling or significant down time. Most people experience only fine flaking or dryness. What is important to remember is that the degree of peeling does NOT correlate with the degree of treatment efficacy. The best results of a peel are cumulative and done in a series of 3-6 as needed.

DO wash with lukewarm water twice a day with a gentle cleanser such as DermAesthetics Gentle Cleanser.

DO NOT wash with hot water or expose your treatment area to excessive heat for 7 days.

After washing, liberally apply a bland moisturizer after cleansing and throughout the day as needed to prevent dryness and formation of crust (DermAesthetics moisturizer, Aquaphor, Cetaphil, Cerave).

DO NOT vigorously rub the skin and DO NOT pick at the flaking skin as this may cause scarring. Use only gentle pressure only.

Sun protection is critical. Protect your investment. You should NOT have any sun exposure; wear a mineral only sunscreen with a minimum of SPF 50 and reapply it every hour to the treatment areas while outside. This includes driving to work. Obviously, do not use a tanning salon.

AVOID laser treatments, waxing, the use of depilatories, or microdermabrasion for 3 weeks.

DO wait 7 days before resuming the use of Retin-a (tretinoin), Renova, Differin, Tazorac, Ziana, Veltin, Atralin, glycolic acids or any other exfoliating agents such as a Clarisonic Brush.

AVOID swimming, sauna, or whirlpool use for at least 7 days after the peel.

If you were instructed to take an antiviral medication, DO complete the prescribed course.

The procedure can cause swelling, redness, crusting, dryness, skin sensitivity, itching, and peeling of the site which could last for 1-2 weeks. In the days after the peel, the skin may feel and look tight, with parchment-paper like changes or darkening. These are expected reactions but other times you may have little to no reaction other than slight dryness.

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Remember the degree of peeling has no correlation with the efficacy of the treatment. Some peels can cause more dryness and exfoliation than others and this does not indicate a better treatment. If you had a medium depth peel, you will receive separate instructions.

We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office at [\(203\) 699-6772](tel:(203)699-6772) for assistance. Remember our Voicemail is monitored 24/7.

Thank you for your business.

LouAnn Perugini, ACNP, FNP, DCNP, CANS

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