



POST CHEMICAL PEEL PATIENT INFORMATION — SHEET —

You have just received a chemical peel treatment. Due to the nature of these treatments, you should not necessarily expect to “peel.” However, you may have light to moderate flaking in a few localized areas for 3 to 7 days. It is recommended that you do not apply make-up the day of the treatment. It is ideal to allow the skin to stabilize and rest overnight. Tonight your skin will feel tight and “pulled”. Although, you may or may not actually “peel,” it is likely that you will experience a light “exfoliation.” It may take 2 or more treatments for the surface skin to loosen and “peel.” In order to obtain the maximum results and avoid complications, please follow the post-peel instructions listed below for approximately 7 days.

IMMEDIATELY FOLLOWING YOUR PEEL you may experience:

- 1 Frosting:** With some peels spots of the skin will look white in colour temporarily and this is a sign of the acidic agents separating your dead skin from lower live skin layer
- 2 Redness (Erythema):** Most patients who undergo these treatments have only residual redness for anywhere from 1 to 12 hours.
- 3 Puffy Eyes (peri-orbital edema)**
- 4 Tightness/Dryness**

2 TO 7 DAYS POST PEEL you may notice:

Darkened Skin Color: Skin may change in color and turn darker than usual, ranging from light brown to dark brown. Usually this will appear on the chin, smile lines and under the eyes. In rare cases, permanent hyperpigmentation may develop

Aged Appearance: Usually found under the eyes, and predominately in the morning after sleeping on your stomach, the skin may appear wrinkled

Purging: Acne breakouts are most common when a patient begins his/her chemical peel regimen. Do not become discouraged! Consistent treatments & your skincare program will reduce acne

Peeling: Light to moderate exfoliation, lasting from 1 to 7 days starting on day 2

YOUR POST CARE SKINCARE ROUTINE SHOULD BE AS FOLLOWS FOR THE NEXT 7 DAYS:

Gentle Wash: Use a mild gentle cleanser morning and night, rinse w/ cool water and pat dry with a clean towel

Post Care Moisturizer: Use Skinceuticals Epidermal Repair as often as needed to accelerate healing

Sun Protection: We recommend one of the three SPF brands we carry with a minimum of SPF 30+

IMPORTANT TIPS!

- + Avoid direct sun exposure and excessive heat. Avoid using facial cleansing brushes such as Clarisonics or Foreos.
- + Do not use exfoliants ie. scrubs or AHA's/ BHA's like glycolic acid or salicylic acid.
- + Do not pick or pull any flaking skin.
- + Do keep your skin hydrated at all times *carry your post care cream with you during the day
- + Do not use a tanning booth for at least 3 weeks post peel
- + Do not use prescription topical medication of at least 7 days post peel
- + Do not have electrolysis, waxing, threading, or any other forms of hair removal for 10 days
- + Do not have other facial treatments such as laser hair removal, photo-rejuvenation, chemical peels, microdermabrasion for 14 days
- + Do not apply ice or ice water on the treated area
- + Do not use jacuzzis, steam rooms, saunas and/or take excessively hot showers
- + Do not go swimming for 2 days post peel

IF YOU HAVE ANY QUESTIONS OR
CONCERNS, PLEASE CONTACT US AT THE
CLINIC 905-946-2222 OR EMAIL US AT
INFO@TTMSPA.COM



WWW.TTMSPA.COM