



Post Chemical Peel and/or Microdermabrasion Microneedling Treatment Instructions

A skin peel or MDA procedure can exfoliate up to 25 microns of the top surface (stratum corneum) of your skin. The stratum corneum is made up of dead skin cells that provide a buffer to your living cells. Any substance that is applied post treatment is absorbed very quickly and deeply.

- A slight rosy glow may appear for approximately 24-48 hours. Your skin may feel "wind burned" and will also be more vulnerable. The risk of getting sunburned following a treatment increases dramatically.
- You may experience some dry skin and mild peeling after your treatment. This may occur for a few days.
- You may resume your daily activities or return to work immediately. Cosmetic make up can be applied following a treatment. If you experience discomfort following make-up application, remove.
- Post treatment remedy Soothing Moisturizer & Daily Solar Guard SPF 25 will be applied to your skin before you leave. You must protect your skin your every day with Daily Sunscreen and avoid sun exposure.
- Do not use glycolic, alpha hydroxy, beta hydroxy, retinal, benzoyl peroxide or topical acne medications for 24-48 hours following treatment. You may resume products after this period or as instructed by your technician.
- You may resume prescription retinoid products (Retin A, Renova, Tretinoin, Avita, Alustra or other brands of Tretinoin) and other prescription retinoid products (Adapalene, Avage, Differin, Tazorac, Tazarotene) seven (7) days after last treatment, or as instructed by your technician. If you are receiving a series of treatments, do not resume any of these products until after you have completed your last microdermabrasion/microneedling or chemical peel treatment, if received in two (2) week intervals..
- Prior to a waxing, electrolysis or other hair removal method treatment please notify your technician that you recently had a microdermabrasion/microneedling or chemical peel treatment.
- Refrain from Botox, Collagen or other Filler injections for seven 7 days following a treatment.
- Avoid exercise for at least a few hours after procedure.
- Drink additional water.
- Cold compresses can provide relief from the "wind-burned" feeling.