



**586-286-0997**

## Microderm & Light Peel Post Instructions

### **Day 1**

- Wash with gentle cleansers if needed
- No strenuous physical activity after your peel for 24-48 hours
- Do not visit or use a steam room or sauna for 24-48 hours
- Limit sun exposure for at least 72 hours
- Apply sunblock with Zinc Oxide and/or Titanium Dioxide

### **Day 2**

- Wash with a gentle cleanser
- Moisturize as needed
- Apply sunblock with Zinc Oxide and/or Titanium Dioxide if you are going to be exposed to the sun

### **Day 3**

- Use a gentle cleanser until irritation/peeling has subsided
- Moisturize as needed
- Apply sunblock with Zinc Oxide and/or Titanium Dioxide if you are going to be exposed to the sun

### **Additional Important Care Guidelines:**

- Do not use facial cleansing device (Clarisonic) until peeling is complete
- Do not start any topical acne medications for 3-4 days
- Do not apply any Retin A/Retinol/Renova for at least 3 days
- Do not use any exfoliating agents or HQRA creams for 3-4 days
- Do not have any facial treatments (facials, microderms or chemical peels for 2 weeks)
- Do not have any facial wax treatments for 2 weeks

- Do not have any Botox or injectable fillers for 2 weeks
- Do not have any laser hair removal or vascular laser treatments for 5 weeks
- Do not smoke/smoke heavily after treatment as it will interfere with the healing process

#### **WHAT TO EXPECT AFTER YOUR PEEL**

- Depending on the strength of the peel, you may experience mild redness and/or your skin may feel tight. Your skin may be red as the skin flakes and peels. It is imperative to not peel or pull the skin off, allow the skin to peel at its own pace. **Premature peeling of the skin may result in post inflammatory hyperpigmentation.**
- 1-3 days post treatment, your skin may develop red-brown or gray coloration. Skin may feel tight or wind burned. Cracks in the skin may occur.
- If you wear glasses, you will need to be careful of the nosepiece. If your glasses fit snug on your nose, the nosepiece could cause the peel to penetrate deeper in those areas.

**PLEASE CONTACT OUR OFFICE WITH ANY ADDITIONAL QUESTIONS**

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