

The Perfect Derma Peel™ - Patient Post Peel Instructions

DAY
1-2

The treated area will feel tight and may appear slightly darker.

The day of the peel application is "Day 1." The Peel solutions should remain on the treated areas for at least 6 hours. During the first 6 hours, do not wash, touch, rub, or apply makeup to the treated areas.

The Post Peel Moisturizer with 1% hydrocortisone (included in **Patient Home Care Kit**) may be used after 6 hours if:

- The skin feels excessively irritated
- Patient is Fitzpatrick Type 4-6 or has melasma or hyper pigmentation
- The Perfect Derm Plus or Plus Plus booster was added to the peel treatment

If you are not experiencing any irritation, the peel solution can remain on until your evening cleansing or it may be left on overnight.

Day 2 (AM): Gently wash and dry the treated areas. Vigorously apply the 1st Post Peel Towelette to the treated areas. Let dry thoroughly. Towelette solution should be left on for 50 minutes before applying **Mineral Perfection SPF 30**. Makeup may be applied if desired.

Day 2 (PM): 30-60 mins before bedtime, gently wash and dry the treated areas. Vigorously apply the 2nd Post Peel Towelette to the treated areas. Leave the solution on overnight.

If you are experiencing irritation, apply a small amount of The Post Peel Moisturizer 2-3 times daily. You may also apply a cold compress against the irritated area for relief. If there is no significant irritation, do not use any moisturizing products on the treated areas until peeling begins (usually Day 3).

Avoid excessive sweating, sauna or heavy exercise during peel process.

DAY
3-6

Peeling generally begins on Day 3.

After peeling begins, apply The Post Peel Moisturizer (included in the **Patient Home Care Kit**) to the treated areas 2-3 times a day to control the peeling and relieve tightness.

- This moisturizer should be used for one week for Caucasian patients
- Use for two weeks for Asian, Hispanic and African American patients
- If The Post Peel Moisturizer runs out, a 1% hydrocortisone cream may be substituted

Do not rub, pick or pull on the peeling skin, let the peeling occur naturally. Rubbing, picking or pulling may cause scarring.

Gently wash (do not scrub) and dry the treated areas morning and night, and apply The Post Peel Moisturizer as needed. **Mineral Perfection SPF 30** should be applied every 2 hours during sun exposure.

DAY
7 >

The peeling process is generally complete.

Mild sloughing may still be occurring in some treated areas. Continue to protect the skin with **Mineral Perfection SPF 30**.