

## Chemical Peel Instructions

Chemical Peels are used to improve tone, texture and clarity to the skin. They also improve hyperpigmentation, melasma, acne and acne scarring and soften lines and wrinkles. Your doctor will help you decide which might be best for you.

### Before your treatment:

1. Sun Exposure: Avoid tanning and tanning products 2 weeks before your peel.
2. Medications: Please inform us if you have taken:
  - a. Isotretinoin in the past 6 months.
  - b. Topical retinoid products and glycolic products. You should discontinue 3 days prior to treatment.
3. Medical Conditions: Please inform us if you have a history of:
  - a. Active Connective Tissue Diseases like Lupus
  - b. Cold Sore Breakouts (Herpes Simplex) - we will give you medication to help prevent this from occurring.
  - c. Active Infections and Current Chemotherapy or Radiation therapy
  - d. Pregnant or Breastfeeding
4. Expected Healing Course
  - a. Your skin will initially feel tight for 1-2 days followed by gentle peeling on day 3-5 with completion by day 7

### After your treatment:

It is important to maintain the optimal conditions for healing. Please follow the instructions below.

1. Gently clean your face twice daily with a mild cleanser such as Cetaphil or CeraVe and lukewarm water.
2. Keep the treated area moist with a cream based moisturizer such as CeraVe or Cetaphil cream and Vaseline/Aquaphor if needed.
  - a. TCA Peel Patients - Vinegar Soaks: 1-2 times a day for the first 3 days: Mix 1 tablespoon white vinegar with 1 cup cold water. Place a soft washcloth in this solution and apply gently for a few minutes.
  - b. Vi Peel – Use Post Care Kit as instructed
3. Do not rub, pick or pull at the peeling skin. This is important to avoid discoloration post peel.
4. You can expect itching. It is okay to take an antihistamine such as Zyrtec or Benadryl if this is a problem.
5. Avoid direct sunlight while peeling.
6. Use a sunscreen with SPF 30 or higher during the day.
7. Do not use any glycolic or retinoid product for at least one week or until peeling is complete.
8. Make-up should be avoided until 1-2 days after peeling is complete.
9. You may resume your normal skin care routine 1 week after the peel.

### Pricing:

- Salicylic Acid 20% and 30% - \$150
- Jessner's Peel - \$200
- TCA 15-20% - \$450
- Vi Peel - \$300
- Vi Peel + Precision Plus Booster - \$380
- Pro-Nox Add-On: Nitrous Oxide for Pain Management - \$100



## Acne Facials

Our acne facials are designed to be a helpful addition to the typical topical medications, oral antibiotics, and hormonal treatments that are prescribed. Our program has been created to be well tolerated by most acne prone skin types helping to decrease breakouts, improve pigmentation and acne scarring.

It is a straightforward procedure that involves thorough cleaning of the skin with a gentle cleanser containing Vitamins A, C, E, CoQ10 and a Green Tea Extract. To aid in skin exfoliation reducing the amount of whiteheads and blackheads on the skin, we use papaya or pumpkin enzymes or a very mild chemical peel solution. We prefer not to use abrasive scrubs for our exfoliation. This is followed by a steaming of the skin which helps loosen pores and soften skin. Gentle extractions will then be performed, followed by a calming mask containing thyme and cucumber extracts finally finishing with a hydrating serum containing redness reducing botanicals, mulberry extract to help with discoloration, and hyaluronic acid to help hydrate and soothe the skin.

### Before your Treatment

- Come without makeup.
- Discontinue any glycolic, Retin-A and other retinoid products for 3 days prior.

### After your Treatment

- It is important to note that the skin may look pink and irritated after the treatment. This is normal. It may take a few hours to a few days to return to normal.
- Mild skin peeling is expected and normal. Not all skin types will peel.
- For the first 3 days, wash skin twice a day with a cleanser that does not contain salicylic acid or Benzoyl peroxide. We can recommend products if you need them.
- After 3 days, you may resume your normal acne skin care routine.

### Follow Up

We typically recommend our acne facials every 4 weeks. And depending on severity of your acne and your healing time, it can be done as early as 2 weeks. The professional treating your skin will advise you as the most appropriate follow up time.

### Potential Complications

While this procedure is typically successful with multiple sessions, oil, dead skin cells and bacteria can form once again and clog pores. Other concerns are rare but may include skin discoloration, pain or discomfort, itching, allergic reaction, infection, scarring, failure to achieve desired results, and other complications. If you notice any of these or other concerns, please call the office immediately at (949) 364-8411.

### Pricing

This procedure is considered cosmetic and we do not bill insurance.

- Face - \$175
- Back - \$250

