

## **SKIN MEDICA VITALIZE PEEL INFORMATION**

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The Vitalize Skin Medica peel is great for all skin types. It is indicated to treat mild to moderate skin imperfections reduction of fine lines and wrinkles, sun damage, acne, acne scarring, hyperpigmentation, and melasma. Expect minimal downtime with mild to moderate peeling lasting 2-5 days. For maximum results, the Vitalize Peel can be applied every 3-4 weeks until desired results are achieved. Results are cumulative and maximum benefits are seen with a series of at least 3-6 peels.

### **Pre-treatment:**

#### **1 week before peel:**

- Avoid the following products and/or procedures:
  - Depilatory (hair removal) creams, Waxing, Electrolysis, Laser Hair Removal

#### **3 Days before peel:**

- Avoid the following products and/or procedures:
  - Retin-A, Tretinoin, Renova, Differin, Tazorac. Any products containing Retinol, AHA or BHA, Benzoyl Peroxide. Any exfoliating products or procedures that may be drying or irritating. (The use of these products/treatments prior to your peel may increase skin sensitivity and cause stronger reaction).

### **Post-treatment:**

#### **WHAT TO EXPECT:**

#### **Immediately after the peel and up to 24 hours:**

- Skin may be tight and more red than usual. Skin may feel tacky and have a yellow orange tinge. This is temporary and will fade in a few hours. Wait until before bedtime before washing your face.
- Avoid strenuous exercise starting the day of the procedure and while the skin is peeling. Stay Cool! Heating internally or externally can cause hyperpigmentation (i.e. exercise, hot showers, saunas, etc.)

#### **24 hours after the peel and until the peeling is complete:**

- Skin may be tight up until it starts to peel. Peeling will generally start between 48-72 hours after the procedure, and can last 2-5 days. **DO NOT PICK OR PULL THE SKIN.** Allow the skin to peel at its own pace. **(Premature peeling of the skin will**

**result in dry, cracked, raw skin that may develop into the post-inflammatory hyperpigmentation).**

- The degree of peeling may vary depending on your skin type and skin condition at the time of the peel.
- The success of the peel should not be determined by the amount of peeling, but by the end result that the peel will produce.
- Limit Sun exposure for 1 week after peel. Apply SPF 30+ daily in the AM and throughout the day.
- Use a gentle soap free cleanser. Do not scrub or use a wash cloth while the skin is peeling.
- We recommend the Post-Procedure Solution Kit from **PCA Skin**. The kit is designed to sooth and hydrate the skin after any chemical peel.
- 5-7 Days after procedure: start regular skincare regime.
- Do not go to tanning bed for at least two weeks post-procedure. This practice should be discontinued due to increased risk of skin cancer and sign of aging.

**If you have any additional questions prior or after your treatment, please call our office at 415-773-0800.**