Chemical Peel Pre and Post Care

PRE-TREATMENT INSTRUCTIONS
1. Allergy to aspirin is a contraindication for the SkinMedica Chemical Peels administered at Honolulu MedSpa. If you have an aspirin allergy, you are NOT a candidate for SkinMedica Chemical Peels.
2. Sun exposure and/or usage of a tanning bed, including self-tanning products must be avoided for 1 week prior to and 2 weeks after the treatment. Sun exposure within 2 weeks after treatment (natural sunlight or artificial tanning booth) may result in hypopigmentation (white spots) or hyperpigmentation (dark spots) that may not clear for several months or may even be permanent.
3. Area to be treated must be clean, and free of any lotion, makeup, and sunscreen. If you have any of these on, they must be completely washed off prior to treatment.
4. Accutane and any other photosensitizing medication should be discontinued for a period of at least 6 months prior to receiving treatment and should not be used during your course of treatment.
5. Avoid Retin-A®, Renova®, Differin® (Adapalene 0.1%), Tazorac® or any Retinol Products 3-7 days prior to treatment.
6. Waxing and/or use of chemical depilatories must be avoided for 1-2 weeks prior and after the treatment. Shaving is allowed 24-48 hours after treatment as long as there is no skin irritation.
7. You may not be pregnant or nursing.
8. During the course of your treatments, notify our staff of any changes to your medical history, health status, or personal activities that may be relevant to your treatment.

DURING TREATMENT INSTRUCTIONS
1. During the course of your treatment your feedback is crucial in order for us to determine the proper and most effective treatment protocols for you. Our staff is always available to respond to any questions, concerns, or comments you may have.

POST-TREATMENT INSTRUCTIONS
1. Immediately after treatment, there may be mild redness in the treated areas similar to the feeling of a sunburn, which may last from several hours to 2 days.
2. Do NOT wash your skin for a minimum of 5 hours after the Vitalize or Rejuvenize Peel. Skin may be washed any time after the Illuminize Peel.
3. To minimize discomfort and speed recovery, we recommend an infusion of hyperbaric oxygen 3 days after the treatment and every day after that until healing is complete if desired; please ask your provider for more details.
4. Expect to begin flaking or peeling at 2-3 days and expect to peel for approximately 2-7 days. Continue to moisturize the treated area for the duration of the peeling process. DO NOT pick or peel at loose skin. Picking or scrubbing at the skin in an attempt to speed the sloughing process can lead to pigment irregularities including scarring of the skin!
5. DO NOT worry if you don’t peel at all! Sometimes effective peels on skin in good condition will not go through the peeling process; the skin may only look rosy and have a glow after treatment.
6. After Care Products and Regimen: Wash the treated area gently twice a day with a gentle cleanser; we recommend SkinMedica Sensitive Skin Cleanser. Use tepid water only. Apply a healing and soothing moisturizer as often as needed; we recommend a product called Laser Therapy which is available for sale in our lobby. Restorative Ointment (medicated Vaseline) by Skin Medica can be applied over Laser Therapy if needed.
   a. Sun exposure must be avoided for at least 2 weeks after your treatment. If you know you will get incidental sun exposure, i.e., driving to and from work, walking from your car to the house, etc., we recommend physical avoidance of the sun in all treated areas in conjunction with a protective hat and a full spectrum sun block such as SkinMedica Environmental Defense Sunscreen SPF 30+ or 50+.
7. No exercise that causes sweating, Jacuzzi, sauna, or steam baths if any skin irritation exists.
8. Pure Mineral make-up such as GloMinerals, can be applied immediately after the treatment if desired.
9. For best results and efficacy, we recommend a series of 6 treatments administered at 2-4 week intervals. You may notice immediate as well as longer term improvements in your skin.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT US IMMEDIATELY AT 528-0888.