



Innovators in Beauty

[evolvemedspa.com](http://evolvemedspa.com)

### **What are Chemical Peels?**

A chemical peel is a technique used to improve the appearance of the skin on the face, neck, décolleté or hands. A chemical solution is applied to the skin that causes it to exfoliate and eventually peel off. The new, regenerated skin is usually smoother and less wrinkled than the old skin and allows better penetration of skincare products. The new skin is also temporarily more sensitive to the sun.

### **Before Your Evolve Med Spa Treatment**

- Do inform your clinician of all medical conditions, medications you are taking, skin disorders, allergies, history of anaphylaxis, and any other medical problems. If you've started any antibiotics or other medications since your initial visit, please let us know.
- Do not schedule this procedure if you are pregnant, think you are pregnant or are breastfeeding; actively or undergone chemo or radiation in the last 6 months; or currently using or have used Accutane in the last 6 months.
- If you have an active cold sore/fever blister, canker sore, shingles you will need to postpone treatment. If you are prone to developing cold sores/fever blisters or shingles, please contact us 1 week before treatment for recommendations.
- Continue to use gentle skincare products and cleansers 3-7 days post procedure.
- Although you will see some results after 1 chemical peel, for best results we recommend a series of 3-6 chemical peels.
- For better penetration of the chemicals in the peel consider a dermaplane (\$75 add-on) prior to your chemical peel. Not all peels actually cause peeling on everyone. This does not mean it is not working or that you are not receiving the benefits from your peel.
- Excess hair may need to be shaved. Men should be cleanly shaved 24 hours before treatment.
- The Evolve Med Spa team of Master Aestheticians can help you develop a daily skin care regimen as well as an overall plan of care for your skin.

Refrain from the following:

- Do not get Botox or dermal fillers 24 hours before a peel. However, you can have a chemical peel and then Botox on the same day.
- Avoid any active ingredients (such as retinol, retinoid, glycolic, salicylic acids, benzoyl peroxide, alpha or beta hydroxy acids, astringents and Vitamin C) to your face for 7 days before treatment. If your skin is irritated please contact our office at least 24 hours prior to appointment to reschedule.
- Do not wax, tweeze, or use depilatory creams such as Nair.
- Avoid artificial tanning and sun exposure 2 weeks prior to scheduled treatment.

### **After Your Evolve Med Spa Chemical Peel Treatment**

- *Day 1:* Do not apply anything else to the skin. Your skin will appear sunburned today and will continue to get more red as the day continues. It will begin to feel tight. You may also experience itching or mild burning as the peel penetrates deeper into the skin. You can help to alleviate this sensation by taking Benadryl or Zyrtec (for itching) and Tylenol (for discomfort) as needed, unless otherwise directed by your physician. Avoid wearing makeup or tight fitting glasses for the first 3 days. Pressure from the nose piece could cause deepening of the peel in that area.
- *Day 2:* Your skin will continue to feel very tight and dry. The top layers of the skin are dehydrating. You will look like you have an uneven sunburn/tan. You may still feel comfortable in public today. By the end of the day your skin may begin to flake, usually starting between your eyes, around your mouth and nose. Sun damaged spots may turn darker prior to peeling. Rinse your face with cool or tepid water, and only use your fingertips. Do not use a cleanser or moisturizer. Do not peel the skin. If any area is irritated, you may apply SkinMedica's TNS® Recovery Complex.
- *Day 3:* Your skin will flake, peel and feel very tight today. Do not pick, pull or peel the skin at any time. If you were to peel skin that is not ready to come off, you can cause scarring or hyperpigmentation. You may

- carefully use manicure scissors to clip any hanging skin. Today and tomorrow you may want to avoid making any social plans. Begin using a gentle cleanser today, such as SkinMedica's Sensitive Skin Cleanser or SkinMedica's Facial Cleanser, and a strong hydrating cream, such as SkinMedica's Dermal Repair. Do NOT use SPF or retinoid, retinol, acids, astringents or vitamin C. You must completely avoid the sun during this time. \*Not all peels actually peel. This does not mean it is not working or that you are not receiving benefits from your peel.
- *Day 4:* The majority of peeling takes place between days 3 and 4. Continue with cleansing and moisturizing. Some areas will have completely peeled and other areas may have not peeled at all. This is normal.
- *Day 5:* Your skin may be tender for a few days. You may exfoliate the skin with a gentle scrub to remove any remaining skin that has not peeled. Continue to avoid sun exposure for the next two weeks. You may begin to wear SPF if it is not irritating.
- *Day 6:* Ease back into your skin care products.
- **Between weeks 1 and 2:** You may resume waxing, tweezing, or depilatory (Nair) creams during this week. By the end of the second week you should be able to tolerate glycolic, salicylic, vitamin C, and retinol or retinoid products. You may notice your skin is pink for about one more week.

#### **Suggested Skincare for Best Results With Your Chemical Peel Treatment**

SkinMedica offers a line of products containing TNS®, a compound that promotes skin healing and is a great addition to your post peel regimen. Daily sunscreen with minimum SPF of 30 is recommended to maintain your improved skin.