



Pre / Post Care – Medical Grade Peels

Pre-Treatment Care:

- Avoid extended sun exposure 10 days before your treatment.
- Discontinue 10 days prior, the use of Retin-A, Tazorac, Renova, Differin, Avage, Epiduo, Ziana and high percentages of Alpha and Beta Hydroxy acids.
- Do not use a tanning bed two weeks before a treatment.

Post-Treatment Care:

- You may resume your daily activities or return to work immediately. Mineral Makeup can be re-applied immediately if desired. Your skin may feel extra sensitive. It is normal to see a little redness for part of the day.
- Minimize sun exposure. It is imperative that no tanning is done while you are undergoing these treatments.
- For the next 24 hours, strenuous exercise, or any activity that causes excessive perspiration can be irritating.
- Apply moisturizer twice daily until the skin returns to its normal state.
- Use a sunscreen SPF 30 or higher every morning. Sunlight on the skin after a peel can cause brown discoloration of the skin.
- You may apply mineral makeup the day after your peel.
- Refrain from waxing, electrolysis or depilatories for at least 7 days.
- Delay use of Retin-A, Tazorac, Renova, Differin, Avage, Epiduo, Ziana and high percentages of Alpha and Beta Hydroxy acids.
- Do not pick or pull on any loosening or peeling skin. This could cause discoloration
- Do not go swimming
- Do not put your face directly into hot shower spray.
- Do not use Jacuzzi, steam room or sauna.
- Do not use loofahs or other mean of exfoliation
- Do not direct a hair dryer onto the treated area.
- Wait for a minimum of 2 hours before applying water and 6 hours if you received a Pyruvic peel.
- Avoid tweezing, waxing, bleaching, or laser services during the course of this treatment.

Skin Deep Day Spa, LLC
1216 Wildwood Ave Suite C Jackson MI 49202
517-990-9088
Skindeepspajackson.com