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## CENTER FOR DERMATOLOGY AND LASER SURGERY

5601 J Street  
Sacramento, CA 95819

Patient:

Procedure Date:

# REJUVENIZE POST PEEL INSTRUCTION

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**It is crucial to the health of your skin and the success of your peel that these guidelines be followed:**

1. It is imperative that you avoid direct sun for at least 1 week , use a sunscreen of at least SPF 30+, and reapply throughout the day.
2. Your skin may have a light yellow tinge immediately after the procedure. This is temporary and will fade in 1-2 hours. Please wait until after the yellow tinge completely disappears to wash your face (about 2 hrs), or you may wait until the evening to wash.
3. When washing, do not use friction, washcloth, or scrub. Use only a (non-soap) gentle cleanser for sensitive skin. Do not use anything abrasive or potentially irritating, and minimal pressure. Do not massage or rub.
4. After washing your face apply a gentle, benign moisturizer for 4-5 days and as often as needed to relieve any dryness. Do not massage and use feather-like touch. Be sure to reapply sunscreen often throughout the day.
5. Your skin may be more red than usual for 2-5 days. Avoid strenuous exercise during this time.
6. Approximately 48 hrs after the treatment, your skin will start to peel. This peeling will generally last 2-5 days. **DO NOT PICK OR PULL THE SKIN.** Allow skin to peel at its own pace, and do not use friction.
7. You may resume the regular use of topical retinoid, alpha hydroxyl acid (AHA) products, or bleaching creams **ONLY** after the peeling process is complete.
8. Wait until peeling completely subsides before having **ANY OTHER FACIAL PROCEDURES**, including:
  - Facials
  - Microdermabrasion
  - Laser treatments (including laser hair removal)
  - BOTOX or injectable fillers

**\*Call the office immediately if you have any questions or unexpected problems after the procedure.**

Although most people experience actual peeling, lack of peeling is NOT an indication that the peel was unsuccessful. If you do not notice actual peeling please know that you are still receiving all the benefits of the peel, such as: stimulation of collagen production, improvement of skin tone and texture and diminishment of fine lines and pigmentation. Reasons for minimal peeling may include: regular peels with short intervals between, frequent use of Retinoids, or peeling agents, or severe sun damage.