

GREENSBORO DERMATOLOGY ASSOCIATES, PA

Patient Information

VITALIZE AND REJUVENIZE PEEL AFTER CARE INSTRUCTIONS

You have just taken a big step toward a healthier more attractive complexion! Proper maintenance of your healthy skin will facilitate and enhance the rejuvenation process. It is important that you follow a few simple steps to achieve the maximum benefit from your peel.

SUNBURN ALERT: This product contains a blend of Retinoic Acid, Alpha-Hydroxy and Beta-Hydroxy Acids, Resorcinol, and other active cosmeceutical ingredients that may increase your skin's sensitivity to the sun and particularly the possibility of sunburn. Use of a sunscreen of SPF 30 or higher, and limited sun exposure after use of this product and for a week afterwards is recommended.

For the next week or so, it is crucial that you take precautions to avoid sun exposure. Your skin is more vulnerable right now and must be protected. Exposure to UV rays can cause hyperpigmentation, freckling or sun damage. Stay indoors as much as possible and always use a Full Spectrum sunscreen.

When you leave our office, the peeling solution will still be on your skin. It will neutralize on its own. You will want to leave this solution on the skin for minimum of 4 hours before washing it off. Some people prefer to leave it on until bedtime, which is also fine. Applying makeup, moisturizers, or sunscreens is allowed one hour after having the peel done.

Immediately after the peel, your skin will be slightly yellow. That will gradually fade within an hour. You may apply make-up and return to normal activities.

For a few days after the peel, your skin should look very good with some rosiness similar to sunburn. In approximately 24-48 hours, the surface of your skin will feel tight and begin to shed and peel. Some will peel mildly and others more dramatically. During this time you should only use a mild/sensitive cleanser, moisturizer and sunscreen. Frequent use of creamy emollients will keep your skin looking and feeling better while the peeling occurs, as well as keeping new skin protected and nourished. Limit touching your face – **do not help the skin peel off!** Let this process happen naturally to avoid exposing immature skin or causing irritation. Avoid strenuous exercise for 24-48 hours, as sweat is irritating and can cause inflammation and breakout. If you experience persistent sensitivity or stinging, a mild topical steroid cream or ointment (hydrocortisone 0.5 to 1%) can be used two to three times a day to calm the skin (call your physician's office for product guidance). When your peeling has completed, you can resume your normal homecare regime. If you are currently having microdermabrasion, wait a week before your next appointment. Your skin should look smoother and more evenly toned, with a healthy brightness. Be sure to talk to your skin specialist if you have any questions or problems with your Vitalize or Rejuvenize Peel.